

ECSTASY IN REACHING-OUT

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ECSTASY IN REACHING-OUT

INTRODUCTION

REACHING-OUT IS A BEAUTIFUL PROCESS ACCESSIBLE TO LIVING THINGS

(What Kind Of Framework Do We Have For Our Reaching-Out Process)

All too frequently our lives are confused by lack of direction and growth. We may not have learned many skills for improving our physical activities. Our minds may not have received much vigorous stimulation. Early in our lives we may have missed much warmth of loving care. Even unfortunate handicaps may have afflicted us. In some cases our racial backgrounds may have been unusual enough to torment us with discrimination. Also, crises in our lives may have left deep-seated psychological and emotional complexes in our inner beings. Thus, many of us are really disadvantaged, because we have not started a much needed transition from poor personal performance to beautiful human conduct.

In our real world we learn that human turmoil calls desperately for each one of us to attempt personal enrichment. So, we should be ready to examine a Reaching-Out idea that might furnish us with useful principles for elevating our way-of-life. This special belief comprises the practice of extending our friendly interests and helpful involvement outward to more of those around us. We will study the process of each one of us becoming more closely identified with more people, while living together in a more compassionate world. Our studies will try to teach us how we can acquire a dynamic spreading of our concerns and responsibilities and what ecstatic results may develop.

Our Reaching-Out to others means that we adopt a life purpose of expanding supportive horizons and deepening mental perceptions. We overcome any limitations in our personal involvement with helping people. Our expanding horizons demand that we break-down isolating barriers, while we become increasingly and more widely dedicated to supporting humanity. Then, these deepening perceptions include our improved identity, better understanding and kinder thoughts toward others. These important purposes tie us more closely to more people with clearer comprehension and greater warmth. In return, we receive enormous stimulation for our friendly feelings.

Quality of our increasing interest in human beings is of considerable importance in our purpose for living. Our Reaching-Out must create more than fellow-human-being sensations. Certainly, we recognize people as friendly members of our species. But, our greater understanding must give us better communication as well as more fellowship with those we meet. Actually, these expanding human contacts are more than a conversion from being an introvert to being an extrovert. We must listen to all kinds of signals more carefully for clearer meaning, as we send-out happy expressions. Then, our more helpful actions develop more pleasant relations, which give us greater satisfactions.

Our discussions emphasize that Reaching-Out avoids negative approaches and uses positive methods of contacting people. Our extension of self is not with a clenched fist, even when we are working strongly against a tragic situation. We may not even adopt a practice of shaking fingers at others, although we may want to warn them of possible catastrophies. Also, our hands are seldom

put-out with the palms upward instead of up-and-down for a friendly shake. We may get gifts from friends, but not bribes or prepayments for special considerations. Instead, we try to become better acquainted and acquire more understanding through our contacts. So, our respect and appreciation of all human beings gain strength, inspite of differences in opinions on social and economic issues. These valuable approaches bring deep satisfactions.

Reasons why we improve our communications and identify with more people are highly significant. We are scarcely Reaching-Out, if we are motivated by desires for either more sex, or more power, or more prestige or more wealth. Also, none of our actions are exploitive or punitive. We must not become shackled to our own self-interest and even our self-esteem must take a back-seat to self-respect. Our widening concerns take-hold of us and we have growing responsibility for helping to create human progress. Our incentives acquire beautiful settings in our search for more friendly cooperation that furnishes us with inspiration.

This Reaching-Out process calls for our immediate adoption, because it provides us with effective preventive measures. Contacts with most people become weak, when our apathy makes us unconcerned. But, we lessen the occurrence of many troubles, when we are quite conscious of more people around us, quite interested in the difficulties that might develop and quite active in keeping troubles from getting serious. Our lives move along more smoothly, when we widen our human relationships continuously.

While studying important means for making friendly contacts, we must consider the advantage of using humor in our communications. Human experience has revealed that telling appropriate funny stories is a powerful instrument for drawing people together. Someone who makes others laugh will make them listen with special interest. Amusement that all of us receive from suitable comedy makes accompanying messages penetrate many barriers. Everyone likes to be entertained and we can use our pleasantry to profit from this disposition when Reaching-Out.

Much of our approach to people is contagious, So, we can help start group friendly action ourselves as individuals. Our expanding personal relationships can generate reciprocal bonds that tie groups in our society together more closely. Then, this group expansion process can proceed indefinitely. Many of our satisfactions may be magnified significantly.

Our discussion here makes some effort to separate physical, mental and emotional areas in which Reaching-Out takes place. But, the fact becomes quite obvious that we cannot eliminate mental and emotional contributions to our physical need for contact with others. Also, physical and emotional donations usually enter significantly into our mental associations. Then, deepening physical and mental perceptions are almost certain to accompany warmer emotional aspects of our widening friendships. While analyzing our expanding horizons, we must consider these three mixed effects.

No one can describe in detail procedures whereby we might implement ideas for Reaching-Out. Essential transformations are

usually complicated enough to demand our experiments on ourselves. Individual problems are sufficiently different that we must supply our own details for expanding and deepening relationships. Usually, when we get involved in the practice of enlarging our interests and concerns, we can develop greater skills fairly easily. At least, our personal enrichment responds quite readily to the self-stimulation from this expanding process,

Our Reaching-Out does not give us complete answers to our personal and social problems promptly. But, it strongly helps us work toward beautiful goals. The practicality of this approach to human enrichment definitely needs to be tested on a massive scale. Our over-all difficulties really cry-out loudly for better physical, mental and emotional performance by more of us. Some stimulating practice, like identifying ourselves with more people is essential to spark human progress. We can work-up considerable confidence that our increased cooperation will make a decided improvement in our world. Our personal rewards from Reaching-Out can become enormous.

ECSTASY IN REACHING-OUT

PART I

REACHING-OUT COMES TO LIFE WITH PLEASURE

CHAPTER I.

WE MAKE OUR FRIENDLY SPIRITS EXPAND

(How Does Reaching-Out Become Such A Strong Impulse, When Many Human Pressures Make Us Turn Inward?)

Our Reaching-Out requires multiple messages of friendship and understanding that originate deep inside of us. Then, to complete this process we must send our affection outward through all obstructions to an expanding number of human contacts. With such steady growth of good feelings, we have amazing chances for being part of the Universe in human creative action. We participate in a beautiful art of expression that deserves continuous study, so we can discover greater means for personal enrichment. As we increase our friendly contacts, we can acquire tremendous feelings of inner satisfaction. Our developing these skills in widening our tenderness toward people opens-up our world into a wonderland of attractiveness.

We are the ones who must increase the variety and enhance the beauty of our human contacts. Then, the charm of our beautiful feelings can always be greater and our outward spirits can always go further. When we are learning how to make progress in our charming art, we need to review all ideas about becoming friendly with more people. Our responsibility is to select the most effective way to build good will. We have few limits to the possibilities for expanding our warm human relationships.

Our Reaching-Out is a way in which we participate in action of universal harmonizing forces that operate between living things. Evidence seems to have existed for millenia that human beings have special attraction for each other, when they fit themselves into an affinity that draws them together. At least, we will explore the reality of this unifying force, which our widening human contacts bring to light. Every segment of our growing friendly spirit will give us a chance to look for the cohesive power that may develop.

We get a partial illustration of how our Reaching-Out depends on our own friendly actions from an electromagnetic analogy. Our desire is to understand how a more friendly spirit that flows through us has greater drawing power to others. In our magnetic illustration, we function somewhat like a multiple coil of coated wire. Such coil is nothing but a spiral metal oddity and is unable to exert a force in our world, unless it is connected across the leads from various direct current electrical sources. If we make this electrical connection, our simple wire structure can exert magnetic attraction to responding objects that increases with greater current and higher voltage drop.

The human similarity to this electrical analog suggests that we are just social addities, when we do not participate in the Reaching-Out process. But, if we build in ourselves a strong urge to be friendly with more people, such current of good will in us develops remarkable attraction for others in our world. The stronger the current of friendliness that churns around inside of us, the greater the force of our warm-hearted outreach.

We Attempt To Get Better Acquainted With More People

As we exert efforts to make our warm feelings expand, we need to become more closely associated with more people. For these out-going moves, we must be the ones to enrich the friendliness of our approach. This enrichment develops our skills in making advances so our warm emotions penetrate divergence in opinions or beliefs. Our contacts are encouraged to reveal differences in personalities of individuals that we meet. Then we make all of the adjustments that are essential to accepting more of these people as friends.

Important opportunities for deepening and widening our acquaintances come while we are talking pleasantly with those we approach. We can use conversation effectively to build-up warmth in these contacts, particularly when we can speak the same language. Even if our words are not understood, we must try to overcome the language barrier with gestures and facial expressions. Also, our vocal sounds require a high degree of politeness and they must eliminate any tone of aggression. In reality, our pleasant attitudes appear rather strongly in our speech.

We may need to read about people that we try to include in our contacts. Significant information, which ^{we} can sometimes find in well documented reading materials, may help us open-up our expanding relationships. Story books are useful in providing background knowledge. Then, our news media can help make us aware of what is hapening currently around the world. We should be critical of information that degrades people to whom we are giving

our attention. Still, we can often get closer to them, when we know more about their lives.

Listening to pleasant discussions by those that we are trying to reach can strengthen these new relationships. We need messages from the other direction to open-up paths for us to get more useful information. Sometimes, we must ask questions about situations that are faced by our contacts. Then, our listening may give us more useful answers. With such attention, we may realize the severity of our many common problems, so our process of widening our contacts can gain momentum.

We must get clearer pictures of how other people live, as we expand our acquaintances. Fortunately this visual representation becomes more available each year of our lives. Many glimpses of folks around the world are possible from documentary films that are broadcast on TV. Slide shows of various countries visited by friends are available quite frequently. Then, our wanting to see more complete displays of human beings stimulates us to travel around various places in our world. We can acquire first-hand views and more accurate impressions of people by close personal contacts.

While making contacts, our minds develop increasing interest in those with whom we want to get better acquainted. This intellectual fascination helps create quite a unifying force of mutual understanding. As a result, we acquire greater mental enthusiasm that makes us know more about people. These better conceptions, as well as our expanding concerns for human happiness, binds us more closely to all of those that we want to be our friends.

Our world is in desperate need for expanding friendships that have no limitations due to human diversity. So, we must make our contacts with others cross-through lines between races, cultures, religions and nationalities. We realize that all people are our fellow human beings, whatever their ancestors, beliefs, or historical backgrounds. Our good will cannot be confined to those with whom we have much in common. Our friendly action must disregard barriers that divide us into segments and must raise hope that all groups will draw closer together.

Much of improving relationships between human organizations requires our participation in friendly collective maneuvers. As our good will reaches through group barriers, we may need help to overcome artificial prejudices that exist between our close friends and other people. Thus, we have obligations to help our group build more friendly approaches to other groups. We must become involved actively in expanding inter-group good will. Such efforts must lessen bitter competition, eliminate violent confrontation and build more cooperation between all human organizations. Hopefully, this action will bring isolated segments of mankind closer together.

We have other special reasons for joining organizations that have effective ability to help us reach-out further. Many of our friendly efforts require social or political pressure and here one person is relatively powerless as an active force. Evidence suggests that the influence, which we have on those in authority, is some higher power of the number in our special interest group. Also, we usually need lots of influence to make

progress at any distance. Our skill at getting acquainted with more people way-out there depends greatly on every force that gives us more social and political impact.

We Try To Improve Our Communication With Others

Even though we get acquainted with more people, our messages that ebb and flow usually call for refinement. At least, we must try to make our communications clearer and more attractive. Also, we must attempt to use more strategic friendliness. Thus our expressions must be more considerate and more enquiring than demanding. Where grief or other emotional crisis is encountered, we must show maximum kindness and tenderness.

As one step, we try to enrich our personalities, so that our presence makes a better impression on people. This enrichment calls for the adoption of more pleasant mannerisms. Our general performance must become more polite. We must smile more and make our emotions transmit cordiality. Whenever possible our impressions should display humor. Further, our conduct should measure-up to high emotional standards. Sensations that we send-out to others through actions can be more fascinating than those transmitted by words.

Our conversations offer opportunities to show more consideration for opposite opinions. At least, we can make greater efforts to avoid hurting the feelings of those who we are contacting. The direction of our talk can usually be controlled, so emotions are more positive. Also, our pleasant good humor does not offend most of those to whom we are talking. We must always try to keep

our serious statements clearer and more logical, while our declarations are identified as opinions. When arguments develop, we must keep the discussion harmonious enough to avoid tensions. Our talk with people can always be made into better means for learning what is going-on in other parts of our world.

We have conventional means for expanding our communication with others. Those of us who can write clearly have this medium for increasing human contacts. Most of us are pleased to receive letters and pleasant written messages nearly always expand friendly contacts. So, we should try to increase our participation in this way of forming relationships. Then, our messages of good will usually come-through still better, when we visit people and make our stay short, enjoyable and free from complication. Intimate signals can be especially effective, if we give those that we visit gifts that are really appreciated or entertainment that provides special amusement.

Talent channels are available for some of us to take-part in widening human relationships. We can attend conferences which give us chances to reach-out and talk to more people, If we have special talents, we can join in art shows and make many acquaintances. Other conventions are available for us to meet scientists, politicians and specialists of all kinds. Also, our performing arts are great means for making human contacts. Dancing, singing and dramatic performances are quite effective avenues for approaching people.

When we develop group activities, we must join those that are are relatively effective in helping us communicate. We can

always find organizations to join that claim to have objectives that correspond to some of ours. But, our evaluation of the capability of each may be essential before we decide which one to support with most enthusiasm. We want our favored groups to provide us with structures and guidance that enables us to carry-out desirable operations with considerable cooperation. This group spirit stimulates us to improve our communication, so we can create better friendships.

Making broad contacts with other countries usually requires good communication between governments. Thus, in our democracy we have the responsibility to elect leaders who will participate in the process of sending friendly messages to other countries. In addition, we must exert political pressure on our government to help us reach-out further, so the extension of our contacts has a chance to occur. When the administration assist our transmission of friendly feelings, the news media will enter the scene and will expand our messages as part of their business. While Reaching-Out, we must take advantage of all means for world communication.

As we make our friendly messages clearer, we have obligations to express disapproval of situations that are deplorable. Our Reaching-Out must not give approval to all conduct that we encounter. Instead, we must make our stand against outrageous or illegal human behavior quite plain to all people we contact. We must be critical of all reprehensible action that we encounter and try to stop it without seeking revenge or indulging in retaliation. Definitely our protests must recognize the vast array of human problems that need remedies. We must stand for real peace, better

education, maximum freedom, equal human rights, economic opportunities to eliminate poverty, improved health care, law and order, more safety, stable ecology and many other critical social needs. Our signals to society must become better expressions that call for universal human progress.

We Struggle To Understand Other People Better

Our expanding friendly spirit tends to lose some of its drive, if we do not acquire greater skill in understanding people. Our getting acquainted with and communicating with more human beings is just a good start in Reaching-Out. Clearly we are all different in so many ways that normal has lost its meaning. Thus, any additional comprehension of what makes those that we are trying to reach behave the way they do opens-up our approach to them still wider.

Fortunately our natural curiosity causes us to focus on discovering what makes our contacts act the way they do. Most of us have sufficiently enquiring minds that we can start our analyses of others shortly after our first contacts. But, accurate understanding of personal behavior almost always requires research. One reason for this obligation is that most human beings have thoughts and feelings that are well covered-up. So, while we approach new acquaintances, our responsibility is to do considerable uncovering of attitudes and sensations.

Some of our insights into others can develop out of oral responses that we get from our friendly actions. When we listen

thoughtfully to verbal replys and watch carefully for reactions from those with whom we are contacting, we may obtain better perceptions of what governs their behavior. But, we must build a measure of ~~skepticism~~ skepticism about what we hear. Talk frequently needs a great deal of interpretation. Thus, we must observe considerable performance to learn more about the correct reactions that people make to our approach.

We can make some progress in our search for understanding if we find-out more about how our contacts were trained while they were growing-up. The emotional atmosphere during the early years of individuals makes a great impact on their attitudes and behavior. After maturity, all of us tend to reproduce our home environments and emotions. When early feelings in the home are warm, grown-ups are liable to be warm; when their start in life is relatively cool, adults may have feelings that are cool. Thus, additional concepts of how objects of our affection really feel about us may require probing their elementary backgrounds.

We can make improved contacts with people, if we uncover accurate information about their mental ability. Our skill at determining the intellectual capacities of those to whom we are trying to draw close is quite useful. We should make considerable effort to find out if our new friends are relatively ignorant, mentally normal or highly intelligent. Then, our methods of making contacts take into consideration the knowledge each person has of how our Universe operates. Thus, we adapt our approaches to ~~to~~ each person's talents, as we encounter them while Reaching-Out.

Usually, we need to probe into their motivations, before we can discover reasons for many actions of others. Various people have different ambitions and our efforts toward building an acquaintance must fit into these aspirations to make any progress. We discover hobbies and preferences to accomplish positive effects, while we unearth biases and prejudices to avoid negative responses. People's different purpose backgrounds require consideration, when we affirm our friendly feelings.

Our struggle to understand people must include studies of their personal beliefs that largely determine how they act. Religions make quite a difference in the way messages travel back and forth between individuals. Thus we must learn how those, to whom we are reaching, are influenced by rigid standards of performance that are demanded by their beliefs. Our relationships with quite a few people depend on their tolerance for us as unbelievers. We may have difficulty penetrating most mysticisms, unless we can develop sympathy for superstitions. Usually, we must seek for those parts of people's faiths that focus on social services, before we are able to penetrate their religious barriers.

We make progress in individual perception, when we uncover personal views about government and economics. Here, our studies must try to discover how prone our contacts are to being influenced by ideas that are quite arbitrary. We need to travel down different paths, when approaching conservatives than when contacting radicals. Then, liberals may offer the fewest obstacles to our friendship under most circumstances. Also, we have some need to

find-out if those who we approach do not know what is going-on in our world or do not care to know about our serious problems. Reaching-Out might even encounter some who are vigorous activists who want to change everything. Our job is to cross all barriers to understanding, so we can get better perspectives of all people.

We Make Our Respect For Humanity Grow Stronger

As our acquaintance with many types of people increases, we must recognize their positive and negative characteristics. In this perception, when we discover many people who deserve our high regard, our respect for humanity expands considerably. We do not even allow those, who arouse our dislike, to keep us from giving them credit where credit is due. In particular, we cultivate an expanding admiration for persons who deserve it the most.

Our delight in fellow human beings improves, when we realize that a large per cent of us have attitudes that are quite benevolent. We become enchanted that most of us are not highly centered in self. Unfortunately, we encounter lots of people who love self indulgence. These antagonists who are quite greedy and selfish show-up rather frequently. Our Reaching-Out even encounters some who are jealous of anyone else's success. Still, our recognition of the unselfish and altruistic gives our human contacts greater strength. We must train ourselves to detect this spirit of generosity and keep trying to uncover beautiful feelings for others in all those that we approach.

During the expansion of our friendly spirits, we must search for people who are calm and peaceful. Our new acquaintances may

need help to become reconcilable. Occasionally we can find someone around who is hot tempered; in many communities violence seems to be a serious social affliction. Some of those that we encounter retaliate for any act that they view as a misdeed. So, our friendship must react strongly against such defective behavior. We must adopt conciliatory attitudes toward hatred and develop admiration for those who show a reasonable amount of forgiveness.

Our respect must focus on the honest and law abiding and we must encourage more integrity. We observe entirely too much corruption in society as well as politics. Crime has tended to fill most metropolitan areas with fear. For certain, we could do without our organized crime. Now, terrorists are filling our world with apprehension. So, Reaching-Out must exert more efforts to control these ruthless deeds. Our responsibility is to support personal interchange that promotes deterrence of all anti-social acts. Our special caring for people that we can trust the most creates an expanding type of admiration for our extremely dependable.

We need to expand our recognition of the highly informed, the quite well trained and the very involved in helping people. While Reaching-Out we discover that a substantial number of those that we contact are ignorant of what is going-on in our world. Another unfortunate handicap, which we may come across, is the lack of mental ability that results from defective training or poor background. Our widening acquaintance must deal with these people who are not very well trained. Then, we must encourage the ones who are quite understanding to exert maximum impacts on their societies.

Another important quality for us to notice in others is their leadership ability. When we find this skill in exerting authority among our new friends, we must not disclose our discovery. Then, society can take advantage of an opportunity for better organizations. One of our many obligations is to appreciate all leaders who might help humanity get started on more effective roads toward progress.

We Strive To Expand Our Compassion For All Human Beings

When we increase the bounds of our relationships, we learn more about the troubles of humanity. In our communications with others, many problems that confront them are certain to be revealed. We may not realize that all human beings have their difficulties until we widen our friendly approaches. With this widening awareness our feelings tend to warm-up extensively.

Through contacts, our sympathy for impoverished human beings develops considerable strength. Most privation messages are fairly clear. Rather soon we discover that many economic difficulties are quite similar. So, we can feel sorry for all of those that we contact who are in financial troubles. With such sorrow, our emotions warm-up until they get deep inside of us and travel outward to more acquaintances who are poor.

If we get closer to others with serious physical ailments our compassion generates additional concerns for their well being. Such anxieties give us emotional connections that cross all human boundaries. Any disease makes our responsibilities take-on added

dimensions. People who are handicapped, sick or in poor health make us feel a great desire for their relief. With this emotional drive, we are strongly activated to give personal help or provide professional assistance to those with physical difficulties.

A vast majority of us are attracted to children in their earliest years. We are able to give them quite loving contacts, while they are very small. But, we may need to reach-out before we give these small children very friendly attention. As our better contacts are made, we feel the requirements to provide them with the best possible in attitudes and behavior. Such efforts in helping young children disclose the reality that we all need training and experience in building better impressions in the beginning of our next generation.

If we are parents of growing-up children, our compassionate responsibilities become enormous. Our hours-per-day close contacts. make us highly accountable for the emotional training received by our offspring. We must make our relationships quite loving, analytical and rewarding. Here, our instruction is strongly dependent on good example. Responses that we receive from our children are determined to a high degree by our messages. If our ^{are} approaches always sympathetic and warm-hearted, we can expect to implant compassion. When our actions in the home measure-up to a high standard, we can anticipate that our children will exhibit attractive conduct. These decendents may become images of our performance, because of our influence during their developing years.

When we encounter specifically handicapped, we pour-out our love and assistance where they are needed the most. Our special tenderness is certain to reach the blind, who are likely to be isolated from the world by their lack of vision. The deaf receive our understanding, because we can grasp their need for help to tell what is going-on in our sonic realm. We show great sympathy for the physically deformed, while we give them complete credit for their abilities. Our affection even reaches the mentally afflicted, ~~as~~ we make increasing efforts to support them with their difficulties. We can scarcely be too charitable to people with these burdens, who continue to demand our deepest warm feelings.

Ignorant, untrained and poorly adjusted members of our world keep arousing our apprehension. Our realization of the problems created by these unfortunate people makes us devote considerable effort toward preventing this situation. We must analyze the causes of crime, poverty and other poor social conditions. Then, our struggle must focus on eliminating the origins of this unfortunate conduct through improved education and better home training. Further, we become active in trying to repair the adverse effects of these practices. While we condemn poor action, we attempt to reconstruct the poor actors.

We develop special sympathy for elderly folk, who we contact when widening our relationships. As the human life span increases, we encounter more seniors who need greater warmth and increasing support. Also, we must continue to tap the experience of older

people to gain further knowledge and understanding of our world. At least, our responsibility drives us to help ease their physical difficulties with compassion. We can make lives of the elderly rewarding, even when they are declining in productivity.

We Build More Beautiful Goals For The Future Of Mankind

Our sending-out friendly feelings keeps us trying to create a world in which human beings are more attractive. As we complete new intimate connections, our imaginations open-up vistas of what we might accomplish in our world. Repulsive features in our lives become only temporary obstacles to progress. We solidly anticipate the best possible outcomes for our expressions of good will. Optimism becomes such a strong feature in our hope for human destiny that it overcomes dejection.

In important respects, we develop broad visions of our possibilities for the future. In this outlook, the whole course of human affairs shows evidence of refinement. We see many lives adopt widespread purposes and we see a smaller per cent of people becoming on single purposes or solitary objectives. Obviously, most aspects of our existence can become better, when enough of us work hard enough on enough puzzling difficulties. In this view, our human potential becomes a remarkably expanding chance to build a beautiful world in which wonderful people live.

We expect that training for our Reaching-Out process will receive much more attention in the years ahead. We even hope that our world will offer to all of us a better preparation for widening our friendships. This anticipation looks eagerly for

guidance that will make all human emotions warm-up substantially. Such deepening compassions is one of our greatest expectations. In addition, we count-on human knowledge accelerating at a good rate. With this greater mental ability, our increased understanding of the Universe and how it works can take many leaps upward. Hopefully, human physical health will improve continuously, as we learn more about preventing diseases, beneficial habits, good nutrition and useful exercise. We can even trust that safety practices will reach dependable goals. With these goals, Reaching-Out will stimulate us to model our lives, so human behavior can become more progressive.

Among our great goals is the enrichment of human families. We want to see our households become better centers of care for all of our early problems. Homes that are in command of parents must assume more responsibility for creating habitations where health and safety are given greater consideration. Also, our efforts focus on making parental authorities leading exponents of integrity. We expect them to instill yearning for more learning in all offspring. In addition, we look for families to eliminate racism, sexism, wealthism and violence in our world. We are strongly expecting families to become places where solidarity and compassion acquire their greatest strength.

We look forward with optimism that creative and performing arts will reach higher levels of achievement. Our hopes are quite high for improvement in all innovative talents. Drawing, painting and sculpturing are expected to show continuing progress; writing composing and designing are foreseen as greater elements in future cultures. All of us will get a great deal from this creativity,

because original ideas have remarkable effects of making life exciting. Also, we are confident that more of us will put-on shows, as acting in public offers us more chances to participate in art. Both instrumental and vocal music will include more of us in these arts, so beautiful music can become an increasing source of inspiration. Hopefully, more of us will enjoy the delights of dancing and will share the beauty of graceful action with elegant creativity.

Our societies will move steadily toward establishing more nearly equal human rights. This course requires substantial expansion of constitutional democracy, where the majority of the people have the authority, but where everyone has important personal freedoms. In our improving democracy we have more nearly total acceptance of all people regardless of sex, race or religion. People possess a larger measure of self-determination in their lives and provide more help in cases of emergencies. Also, we exercise considerable participation in electoral processes and assume a high degree of responsibility for applying necessary political pressure. Then, our activities achieve greater justice in both political and economic areas.

Definitely, our goals include more nearly equal economic opportunities for all of us. In this area, we visualize a world in which we have a right-to-work ethic as a matter of course. Jobs must become available for anyone who is able to carry-out some useful work. Along with this right to employment, our expectations see us demanding the right to carry-out other useful

functions, in addition to working hard during the day on the job. In such environment, each one of us will have a chance to help improve our section of the economy. Many of us will participate in education, research and planning for employment. We acquire a great deal more knowledge and understanding of how our large number of exchange processes work together.

Among the important objectives that we strive for is a planet earth that is a healthy and a beautiful place for people to live. Part of this goal is a carefully restricted population growth. Acceleration in the number of human beings on earth must be controlled. We must be able to provide an adequate amount and variety of food for everyone. The fertility and depth of our soil needs to be stabilized and improved. Also, our essential supply of fresh water must remain adequate and this water must be kept largely free from toxic chemicals. As most of us know, the air that we breath makes us call loudly for an air clean-up job. We hope that our noses and eyes will not be irritated indefinitely. Then, our magnificent scenery deserves ~~preservation~~ preservation and our wonderful oceans must be protected from poisons.

Our greatest hope may be for a substantial reduction in violence through-out our world. We have known for ages that individuals, groups and countries must show less tendency to use brute force during confrontations. Now, the damage to people might become monumental. In this nuclear age, savage action between powerful nations has the probability of causing cataclysmic disasters. Then, human experience has demonstrated that everyone benefits from peaceful reconciliation of contentions.

Turn-the-other-cheek has a powerful effect that can smooth-out most negative feelings. So, we work hard for a future in which people indulge in more talks to reconcile opposite points of view. Opponents must make more concessions, which will make differences friendly instead of violent.

Our monumental objective is world unity, with everyone accepting everyone else as a friendly human being. We would all have equal rights, privileges and opportunities for working, learning and communicating. Fairness would become a world wide acceptable attitude. Possibly all of us would read and speak the same language. At least, we might understand everyone else much better. Each of our many countries would be wide open to immigration and emigration. Our earth's population might not need to be homogenized, but all of us might feel the cohesive force that builds harmony. Part of our vision of the future includes an effective world governmental authority that has a democratic structure. This authority would be much more representative and much more in command than our present United Nations. Gradually, we would become one world and all of us would get closer together.

A most important goal of our Reaching-Out is increased human cooperation on a universal scale. Our exceptional cohesive forces that we help to bring into action create all kinds of organizational unity. As we increase our contacts and associations, we naturally build greater collaboration. Our special anticipation is that we will work together, think together and feel together to a high degree as we lose our tendency toward isolation. Our objectives point us strongly toward real human fellowship.

CHAPTER II

WE ADOPT A PROBLEM-SOLVING BELIEF

(How Can We Insure That Reaching-Out Becomes An Integral Part Of Our Lives?)

While we expand efforts in Reaching-Out, these friendly activities become important parts of our personal beliefs. Quite promptly we acquire personal convictions that center in our widening interest in helping people. As experience increases, we develop exciting purposes for our lives, based on the idea that we must make our world better. We become entranced with our skill at using this universal uniting force for making many kinds of progress. Increasing contacts give us an impelling challenge to help relieve all unsatisfactory human situations. Such dedication becomes our deep-seated belief that guides us toward progressive goals.

We Become Dissatisfied With Present World Conditions

When we are busy Reaching-Out, we quickly discover that a large number of human situations call for improvement. All of us have personal problems, both routine and critical; our world is continuously afflicted with difficulties, both incidental and serious. So, as our friendliness makes more contacts, our sensitivity to unsatisfactory conditions increases and becomes more tender. As we enlarge our acquaintance with our world, we easily acquire expanding incentives to help satisfy our vast human needs. Such, increasing sympathy for troubles guides us directly toward an important belief in Problem-Solving.

Examples of our unsatisfactory conditions are quite extensive. As we encounter ignorance, self-indulgence, violence, crime, repression and poverty we develop considerable concern about what is happening in our world. Then, any increased acquaintance with people uncovers many more of these unfortunate predicaments. So, we spontaneously acquire considerable displeasure with afflictions that we encounter out there. Our challenge to get involved in improvements reaches down inside of us quite strongly. We refuse to accept deplorable situations as though we had no responsibility to help in making them better.

We Become More Active Problem Solvers

As we begin to measure-up to our responsibilities and get started problem-solving, our corrective force accelerates. Any helping of people, while we are Reaching-Out, stimulates increasing remedial activity. Simply rendering assistance to anyone in trouble is a great deal of fun and a source of enormous satisfaction. Thus, we readily expand our efforts to make human situations better, as a general personal policy. In this activity, our creativity gives us our rewards for helping anyone in need, whatever their relationship might be to us.

Closer acquaintance with those we contact strengthens our desire to give them more remedial support. If we build more friendly relationships with more people, we find ourselves more deeply dedicated to the delights of relieving human troubles. Where responsive feelings are warmer, we tend to do a better job and devote more time to providing help. In return, as we get more

involved in our special services, our friendly feelings are certain to get warmer. Increasing assistance for these friends is sure to build more powerful friendships. Every human difficulty tends to attract our attention and problem-solving keeps occupying a larger function of our lives.

We Develop Better Understanding Of Causes And Remedies For Troubles

While we are Reaching-Out further, we study more complicated human problems and discover what might bring them about. Our understanding how people acquire their misfortunes frequently requires considerable probing. Most of the severely afflicted that we want to help keep the origins of their difficulties fairly secret, until we get well acquainted with them. Thus, our closer relationships with these people helps us uncover more of the various conditions that contribute to their troubles.

After we have a list of possible causes of serious problems, our probing has just started. Our useful analysis of faulty conditions to discover what actually brought-about the difficulties still requires better contact with those in trouble. We need to develop detection devices that can measure relative distressing effects of many adverse plights. Also, our study must uncover principles that are useful for evaluating various conditions that might lead to serious situations. Experience provides us with wonderful training in locating sources of entanglements that we want to straighten-out. Promptly, we must make as good judgement as we can about the primary cause of any adversity that we confront.

One important Reaching-Out action consists of a search for possible remedies to improve unfortunate situations that concern us. As a rule, we want to correct the most likely origin of each distress. So, we make careful use of our analysis of what created each problem and attack what we think is the most responsible cause. We must make every effort to find possible corrective measures from principles that we discover. Our wider acquaintance enables us to consult those who have had more experience working on such difficulties. Our understanding of what to do to make improvements can expand without limits.

Better Problem-Solving Techniques Come To Light

During Reaching-Out action to make human situations better, our responsibility is to see if our remedies are working. Our efforts to improve any faulty condition have no guarantee of success. So, we must apply tests of effectiveness to all of our hopeful corrections, whenever opportunity arises. This finding out how things are going throughout our relief work can give us quite revealing and stimulating evaluations.

When we are fortunate enough to have a measure of success, we have no inclination to stop efforts in expanding improvements. Actually, many of our accomplishments point the way to making improving situations still better. Human advances almost always disclose new techniques for making faster progress. Thus, as we become more friendly with more people, our methods for helping those in trouble can usually uncover more useful approaches.

If our remedial efforts are unsuccessful, we have even greater incentives to discover better techniques. Sometimes we learn more from a failure than a success. In order for us to gain new insights from lack of success we must analyze carefully what went wrong. Then, our failures may teach us more valid principles that lead us to more effective methods of getting beneficial results. On occasion, we can reconstruct our original remedial procedure and convert failure into success.

While we are Reaching-Out for more effective ways of handling human troubles, we usually need to do additional consulting. By such searching for better knowledge and understanding of possible ways for making improvements, new techniques often come to light. Our human problems have been around for a long time and quite a number of people have dealt with them fairly successfully. So, our consultation with those who have worked hard on them and have acquired some mastery of problems that we face can give us new approaches.

Our Lives Become More Experimental

After we acquire skill at Reaching-Out, our lives become full of adventure. We feel the excitement of always hunting for better ways of approaching people and doing beneficial things. As a result, our involvement in helping people becomes quite persistent. We welcome all difficulties as challenges to get our minds and emotions focused on finding another step upward. We accept all reasonable rules and regulations for cooperative living. So, our daily plans as well as our programs for the future adopt progressive

goals and set-up useful trials that eagerly seek to reach improving objectives. We make experimental efforts to carry-out action for accomplishing these vital purposes.

Our special aims that we acquire by expanding human contacts magnify our incentives to try hard for more improvements. We realize that our constant experimental efforts are quite essential, as we become part of the world in motion upward. Better lives demand this constant attention, as we look forward to more progress. When we focus our alertness on making continuous improvements, we are certain to build a vigorous self-image.

During our efforts to make things better, we may learn to control variables that we want to be held unchanged. So, our experiments on making improvements frequently give us results that are relatively valid. But, human problems are so complicated that we must never lose sight of our broad goals. Thus, we may need to make other conditions better at the same time that we are working on one fundamental difficulty. In addition, most remedial action has side effects that must be considered in evaluating all experimental results. Our lives require programming, so we can concentrate on significant difficulties with their complications.

Involvement in progressive activities is an enormous stimulus to our creativity. While Reaching-Out, we are inspired to erase our mental and emotional blocks to new things. In fact, we are wide open to innovations. Our restrictions to accepting unusual approaches to people, difficulties and attitudes are minimal. We love original progressive concepts, even when we have no

knowledge of their effectiveness. All of us enter the human scene with enthusiasm and get our minds working hard on new ways to make improvements. Our constant search hunts for inventive paths to progress.

Our mass of routine daily difficulties does not prevent us from inventing a remedy for one principal problem, when it becomes critical. Our creativity develops better, as our minds make a fairly complete analysis of factors involved in providing relief for each special difficulty. We can always use more knowledge of what our remedy must accomplish. Usually we must combine our inventive skills with understanding useful fundamental principles. Thus, our Reaching-Out to people is particularly valuable for providing us with more tools for our originality.

As we expand our thinking new thoughts and searching for better ideas, we can make use of dreaming capabilities. Here, we put our analysis of a problem in the back of our minds and let our unconscious brain activity work on possible solutions. Thus, we frequently are able to come-up with new ideas in the middle of the night, after making our problem analysis before going to bed. Also, during quiet meditation our minds may open-up with original ways of making progress. We may never be able to predict when our minds will develop their flashes of creativity. But, our focus on improving human situations tends to stimulate this burst of revealing light quite substantially.

CHAPTER III

WE PROMOTE OUR PROBLEM-SOLVING BELIEF STRATEGICALLY

(What Preparations May Be Essential To Clear The Way For Our Sending-Out Feelings Of Good Will?)

Our Reaching-Out is actually a freely-operating two-way process that frequently does not work spontaneously. Many of our friendly messages do not arrive at their destinations. At least, we have a great deal of difficulty getting close to people who have strong barriers to our warm approaches. In these cases, beautiful responses to our friendliness may not be forthcoming no matter how cordial we act. For such barriers, special strategy is needed.

Obstructions to kind advances are nearly always detectable as opposing beliefs that are deep-seated. Often we can conclude that folks who are difficult for us to reach have ways of thinking and feeling that are quite different from ours. Thus, our first Reaching-Out process may call for a special type of action that has a chance of breaking-down these belief barriers to communication. Many ways of breaking-down such blocks to warm feelings have been tried over the millenia. But, none seem to be as successful as the broad cultivation of a dedication to making all human situations better. To promote this devotion to other people, we must try to spread our belief in problem-solving, which creates a minimum barriers to any Reaching-Out.

Resistant Communication Barriers Require Reconstruction

Many barriers to our getting better acquainted with more people can be quite hard to overcome. Also, we encounter rather a substantial number of different kinds of these obstacles that fall under several classifications. Adverse mental conditions and thought habits create acquaintance impasses. Emotional unbalances build various assortments of impediments to our Reaching-Out. Mystical religions have a remarkable tendency to isolate their believers from outside contacts. Social and economic dogmas may erect message blocks that are difficult to penetrate. If these human beliefs do not have some flexible access, they may produce a special type of slavery.

Our out-reach sometimes encounters a variety of mental situations that force our friendly approaches backward. Many of these opposing states of mind or dispositions can be classed as prejudices. Unfortunately, we find that such unjust attitudes may lead to discrimination against sexes, races, special groups or even individuals. One typical contribution to such poor judgement is ignorance of our need for vast human cooperation. Then, we can occasionally discover that our poor encounters with the prejudiced result from their faulty mental habits. Quite a few people have never learned the value of all kinds of friendships. Our job is to send-out enough appreciation that the prejudiced can understand the excitement of better relationships.

We may meet even more repulsions, which are emotionally negative, from those that we approach with good will. A surprising

number of people are obsessed with fears about many different things. These anxieties frequently breed suspicions of our Reaching-Out. So, we have difficulty injecting trust into their feelings. One adverse by-product of this apprehension is a high measure of selfishness, which can offer a serious block to good communication with us. Few of us can get very close to those who are quite self centered. Then, we may come across a more violent reaction to our outreach in the form of hatred. Our friendliness has considerable difficulty penetrating animosity, particularly when various misunderstandings are involved. We have real challenges to reduce these negative feelings, when we widen our acquaintances. But, we must try hard to make all human relationships warmer by not getting angry ourselves, just getting more friendly.

When our Reaching-Out encounters mystic religious beliefs, our friendly approach may experience powerful obstructions. Such repelling convictions may contain arbitrary views with which we might think that we could deal with easily. But, many faiths are very strong and the conflicting ideas that need to be compromised may be quite numerous. Our challenge to soften religious resistance becomes even greater, when mystic beliefs become established as cultures that fashion the lives of those we want to contact. When mysticisms contain superstitions that refuse to admit many realities in our world, communication is quite difficult. We need to keep trying to open channels for our messages to penetrate these theological barriers. Our efforts must attempt to convince everyone that a belief in making all human situations better is highly rewarding.

Our struggle to spread feelings of cordiality and harmony often come upon idealisms that are different from ours. Also, we may encounter a variety of uncompromising attitudes toward our divergent points of view. Such contrasting modes of thinking and conduct can create considerable resistance for others cooperating with us. In many instances, disagreements that separate us result from contrary views about social problems. Quite a number of differing people have rigid opinions about how we should all think and behave. They think that we must join their beliefs or stay away from them. Where this repulsion results in hazardous attitudes and practices, we had better make our approaches to them slowly and carefully. Then, another group may have strong convictions about economic problems. If our views about how much government should participate in our economy differ very much from theirs, we have difficulty getting through this barrier. Other serious issues, like the amount of money that we think should be spent on military preparedness, erect powerful inhibitions to friendliness. So, we must struggle to persuade all people to adopt an experimental attitude toward most social problems.

After we realize that many of us display widely differing reactions to human situations, we get the message. Many more of us must work on our world difficulties in a strategic way. Our responsibility for trying to make problem-solving more popular must develop strength. Our efforts must persist in doing a more friendly job of making contacts and in working for others to help solve communication difficulties. We must struggle ingeniously for fewer and less isolating barriers to world cooperation.

Special Techniques Are Needed To Penetrate Separating Barriers

Our strategy for sending friendly messages through human obstructions calls for effective methods and skills. Our penetration of most human barriers is not easy. Success in changing unfavorable to favorable responses depends largely on techniques for converting those who are behind barriers to a problem-solving belief. Thus, our primary job may be to expose non-receptive people ingeniously to our excitement in trying to make life better. Part of this task is to transmit creative sparks to those who may not have visions of a beautiful future that they might help create.

People that we encounter with communication blocks must open-up their own restrictive barriers. Nobody can do very much of this uncovering operation for them except through Reaching-Out. Thus, we have primary strategy of finding-out what causes each obstruction. Then, we need to search for any small friendly holes through which we can penetrate far enough inside of the block to understand the resistance to contacts. At this point, our responsibility is to send-in hearty appreciation as a spark to help the isolated open-up. Our effective perforation will depend on the nature of the feelings in the barriers, as people have a large number of different assortments.

We often need interpreters to break-down barriers erected by hundreds of different languages, as communication is largely through the use of words. But, interpreters of conversation are difficult to find for all occasions. Then, an astonishing number of people cannot read or write in any system of words. So, body

and facial motion become important means for message transmission. Our Reaching-Out to people behind language obstructions calls for persistent messages. Possibly, we need to put-on an act and include gifts or services to send-in our friendly signals. At least, we must get ~~d~~ deeds and feelings through many language obstacles.

When we encounter minds that are closed-off by ignorance, opening-up these people is a big educational job. Our key objective must be to stimulate the ones we want to contact with the desire to learn more about life. We need to keep our talk pleasant and relatively humorous, so the atmosphere can remain quite friendly. Where there is lack of knowledge and understanding, we must awaken curiosity about what is going-on in our world. So, our drive must get down inside people and arouse greater interest in learning. Questions that would be fairly difficult for our contacts to answer might help. Our hope would be that ignorant people would consult those who are well informed and would be willing to accept reasonable answers on a tentative basis. We need to make others conscious of the fact that we are searching for more knowledge ourselves. Most of our signals must portray learning as a very important part of satisfactory life.

If our Reaching-Out to others is obstructed by a wall of self-interest, we face a real challenge. All of us must plan our lives so they are economically sound. But, when those that we try to contact get wrapped-up in their own ambitions and blend this resolve with much selfishness, we must work hard to pass friendly messages into such tight enclosures. These efforts usually call

for thoughtful good humor and appreciation. Then, our approach must eventually stimulate beautiful acts of cooperation, which can displace mental aberrations of only thinking of Self. Also, we must try to talk self-indulgent people into organizations, where working together is an essential element in their activities. We always keep looking for better ways for inspiring those that are only involved in their own interests to emerge from their confinement. If we succeed in getting social responsibility instilled into the selfish, they will acquire the delightful pleasure of helping others. Whenever our self-centered display any generosity, we must come forth with much praise and commendation.

When we encounter strong prejudices, our efforts to better our acquaintance are in considerable trouble. Still, any intolerance must not make us turn away from people, no matter what their faulty judgements might be. Our fellow human beings have quite a variety of different biases. Some of them, like racism, sexism and nationalism, are quite powerful. Thus, we need to deal differently with different kinds of mental blocks originating from different types of prejudices. Successful techniques for penetrating unlike obstructions may be distinctly dissimilar. Surely we should ask questions until we discover what these rigid obstructions really are. Then, our strategy must be to look for possible openings. Such search requires the maximum number of pleasant contacts, which allow our intolerant people to relax their barriers. We are all on our beautiful earth and we must learn how to get along peacefully together.

When our approach to people finds them absorbed with fears, we need special skills to make friendly contacts. First, we must discover what aroused their fears. Then, our strategy must include sympathetic communication that expresses our sorrow over their apprehension and makes suggestions that might prevent any tragedy. This type of human emotion may range in intensity from mild anxiety to outright terror. So, helping frightened people restore their own confidence and calmness requires a variety of techniques. Bringing someone who has conquered similar fears into the discussion may be extremely valuable. We all have chances of experiencing misfortunes or tragedies and we must live with these possibilities. Thus, we must promote the composure that comes from each of us making the maximum efforts to be safe and accepting the results whatever they are with relaxed emotions.

Our efforts to reach-out get into real difficulty, when we encounter hatred from those to whom we try to draw nearer. Our ingenuity is strained to penetrate such almost impervious barriers. We might even acquire ill feelings ourselves from the repulsion that we uncover. Still, our obligation to open-up communication may be increased where bitterness isolates people. We cannot endure strong negative feelings in our peaceful world. So, we must try to discover what produced each personal abhorance. Then, after we understand how the animosity was induced, we are in position to make the bitter feelings warmer. This talk can include apologies, expressions of regret and offers of improvement in emotions. The whole atmosphere must be made more conciliatory. Even some humor may be beneficial, when it is directed at ideas rather than persons. All of our messages must transmit increasing compassion.

Despair or depression, which we come-upon while expanding our contacts, presents puzzles that demand urgent attention. Our talk must enliven such situations and cheer-up all dejected people. All of us are easier to contact, when we feel encouraged rather than dejected. Also, these special negative emotions usually respond favorably to humor that brings more joy to living. At least, our efforts should attempt to restore confidence, where there is humiliation or a sense of inferiority. We may be able to help others make the transition from gloom to gladness by showing appreciation of the good things that they do. Reaching-Out can sometimes work wonders for our contacts with the depressed.

One of the most impenetrable obstructions to our getting close to people is difference in religious beliefs. An astonishing number of personal faiths isolate their believers from other individuals with different convictions. So, if we do not belong to the religion of the people, with whom we wish to make contact, Reaching-Out may be largely blocked. Rigid value systems and life objectives of these faiths are able to set-up walls that divide us into segregated groups. Just the name of a belief may be enough to turn-off an approach by someone who does not adopt the faith. But, since our job is to lower these walls enough to develop inter-faith cooperation, we must give all religions recognition and search for equal concerns and common goals.

Where a special belief takes-over a country's culture and has control of government, barriers to contacts may be more complicated. Here, while trying to send friendly messages, we must contend with political as well as doctrinal issues. So, ~~our~~

our problems of avoiding confrontations with these people are more difficult. Definitely, successful approaches must develop strategic ways to keep relationships peaceful. Our action may need to be on a practical level before we reach much cooperation. Mutual concessions may be the key to our building any bond with countries having different cultures.

Strong opinions about how an economy should be structured can often be as isolating as any other belief. This type of obstacle is particularly rigid between far rightists, who demand that all enterprises be private, and far leftists, who favor socialist structures where government owns and operates all businesses. Our confrontation between these highly differing economic dogmas has become more serious because of its political implications. Private enterprise as the sole economic structure made its start under completely authoritarian governments. Possibly, rightists could not set-up their economy without developing this despotic type administration. For the leftists, our present-day socialist economies have required rigid totalitarian governments. This structure has assumed the name communism, which creates lack of many freedoms, even though everyone has a job working for the government. Actually, these two types of dictatorial societies build an enormous wall against communication. Now, our Reaching-Out strategy is quite clear. We must work hard to promote democracy with a high degree of freedom. As many of our societies have become more democratic, their semi-private enterprise economies have become effective hybrid systems. In the USA, we retain a high per cent of private enterprise. But, our governments have

been highly cooperative, with subsidies, education, protection, standards and controls, as well as freedoms. Our advancing the cause of democracy may be our best means for breaking-down the walls between economic ideologies.

As we give more attention to opening-up isolating convictions, we need unique techniques for communication. Our starting pleasant conversation with different believers usually requires getting the talk to begin from the other direction. At least, we should ask questions and indicate interest in answers. We can usually make a little progress, if we give the impression that we want to achieve some understanding of the separating wall. Eventually, our enquiries may uncover problems that we have in common with the isolated. Then, we can promote action in which we might work together to make improvements in human relationships. Our efforts should attempt to bypass symbols and concentrate on enriching personal performance.

CHAPTER IV

WE SUPPLEMENT OUR INSTINCTIVE PLEASURES WELL

(How Does Reaching-Out Give Us More Delight From Events In Our Lives That Furnish Pleasures?)

Human beings have many instinctive ways to bring enjoyment into their lives. But, we can refine most of these methods so they are more delightful by working to make them send-out more worthwhile and friendly messages. If we are dedicated to Reaching-Out, we give consideration to all kinds of benefits, when we are having pleasurable experiences. Some of the time we are spectators and some of the time we are performers. Always, we think of the effects that our experiences have on all of the people involved. Better judgements make us look down deep for feelings that provide more human fulfillment.

We Improve Pleasures By Making Better Contacts With Sources

Our lives only exist because we eat food and drink water. So, some of our contacts with people involve eating and drinking, which can create agreeable social good times. But, when we are Reaching-Out, our responsibility is to spread the information that we have trained our tastes to eliminate certain harmful materials from our diets. We must control our health by what we consume. This approach to refreshments must be friendly, while we make our preferences easy for our host to satisfy. Also, we become more appreciative of these food and drink services, as we are more discriminating in what we consume. Eating and drinking

ca be more enjoyable, when we consume materials that we know are good for our wellbeing.

Hand created art is ~~is~~ an important source of pleasure for us as observers. We can have a great time in a museum looking at attractive creations. Then, if we are shown very beautiful works of art, we are certain to feel great appreciation. So, we are obligated to recognize these works that have the fullest attractiveness for us. Then, our attempt to determine what the artist is trying to communicate can give us still greater enjoyment. Contacts with artistic people who arouse our imaginations produce some of our deepest senses of delight.

Our societies have developed many opportunities for us to listen to music from various sources, which makes different kinds of musical contacts. Thus, we exercise our own choices of what to hear in performances or what to turn-on to our radio or TV. Music comes in such a remarkable variety of rythms, melodies, harmonies, tonal qualities and sequences that we must chose carefully what we let our ears hear. Probably, wē can refine our appreciation of even the most beautiful music. No matter how appealing the music becomes, discovering what the performer is trying to tell us gives us more enjoyment. Our ears can receive remarkable musical communication, when they hear what they love to hear.

We enjoy watching many performances on the stage, on the athletic field or on the TV screen. But, our efforts to expand friendly relationships require that we evaluate the effects of the action that we see. When our conclusion is that what we envision

leads to some unsatisfactory behavior, we must consider stopping such observations. If we feel pleased with what we see, we must stretch-out our feelings to find-out their full implications. As we get more involved in appreciating the pleasant things that we observe, we receive increasing pleasure. Our drawing nearer to beautiful performers can be inspirational.

We Refine Our Performing Action To Make Better Relationships

Much of our fulfillment comes from improving the degree of excellence in our every-day operations. Daily tasks may be what we really like to do. But, when we are Reaching-Out we must grasp the tremendous value of increasing the quality of our services. As managers we can develop better skills in directing our businesses; as professionals our help to clients can always take a step upward; as mechanics or repair people we have many chances for making our jobs more satisfactory; as office help our services frequently call for improvements; as household workers we can learn to cook with more competence and keep our houses in better condition. Whatever job we have, our skill demands increasing talent that we develop through regular training. But, our best improving action requires special recognition of others, so we can generate better human relationships.

Special performances can benefit from increased contacts with audiences. If we are singing before an assembly, we must try to hit all of the right notes with the right words. Still, our greatest pleasure comes when we recognize those people who are listening out in front and send them friendly messages. This special

enjoyment is even possible, when we are playing instruments. Then, as we are acting in dramas, our skill must make us represent our characters quite well. Of course, we must learn our parts and say all of the fitting words. But, we can get maximum satisfactions while making better contacts so our characters come alive. When we are making speeches, we may be enjoying ourselves. Still, we must try hard to expose the audience to our pleasures. If our contacts get more friendly, our inner feelings get warmer during our presentation of any reasonable message.

On occasion we get involved in games that enable us to show certain skills inside of prescribed rules. These activities give us opportunities to display the best of sportsmanship. Actually, our principal objective must be learning how to play better. So, winning games is a means for measuring how well we are learning skills. Our triumph does not allow any breaking of rules and is not an indication that we have attained our best abilities. We may be able to learn by being losers and we may have pleasure showing appreciation to winners who demonstrate greater skills.

One instinctive human pleasure comes from sexual intercourse between members of the two opposite sexes. Our original ancestors quickly discovered that this sex act is not only natural but results in the creation of offspring. Reproduction of our human species requires this instinctive interaction. Thus, we are fortunate that sexual interaction can be pleasurable for both parties. But, sex acts can produce more gratifying orgasms through the Reaching-Out between participants who experiment while thinking about their responsibilities. The enormity of these responsibilities has created the human family as a legal organization. Still, greater ecstasy from these acts requires better understanding, more consideration of the possibilities and deeper spirit of compassion. So, we must work for more beautiful family structures that make possible closer companionship between male and female legal partners.

CHAPTER V

WE BUILD COOPERATIVE ACTION WITH FRIENDLY CONTACTS

(What Kind Of Progressive Associations Can Be Expected In Our Societies As A Result Of Our Reaching-Out?)

Our cultivating wider associations has a special effect of creating greater unity in our world. This consequence does not result from some authority dictating what we should believe or how we should act. Our closer fellowship brings into existence a coherent social spirit, in which we all have our individualities. At the same time, we are more anxious for people and societies to make progress solving problems than for us to obtain special recognition. As we assume the obligation to make our world more cooperative, we release a universal force that tends to bring us all closer together.

Our Togetherness Gathers Strength For Various Relationships

While our friendly contacts expand, its universal force unites us for greater concerted efforts. Just being unified makes our collaboration more possible. At least, our being drawn together is a start toward greater joint action. Also, our closer acquaintance allows us to assess each other's skills better. So, we can divide-up tasks that are involved in a project with more effectiveness. This better alliance tends to develop coherence and vigor that is essential for more cooperation. As togetherness increases our group action becomes better team work. Such coordination develops remarkable sources of strength in our lives.

During experiences working together our universal force increases our ability to think together. We share thoughts more freely with those who are participating in the activity on our problems. Quite naturally, we stimulate united efforts with group discussions and attempts to achieve group understanding. As individuals we can learn a great deal from friendly arguments and subsequent research. Then, we may be able to reach an agreement with the majority of our group or accept some united action as an experiment. With careful study our group's collective reasoning can build greater confidence and mental security through increasing thoughtfulness as a group. We can always hope that this combined reasoning process arrives at more rational conclusions.

As we achieve increasing coherence in work and thought, our emotions are certain to make us feel closer together. One of our most valuable emotions can be obtained by helping others help themselves, when this assistance requires some sacrifice on our part. Then, our friendship gets stronger, because of magnetic responses to our interacting feelings. We develop common concerns and shared inner impressions that amplify our universal unifying force. These combined emotions may not cause our group to engage in all valuable activities. On occasion, this organization may be mildly aggressive, so we engage in some protest movements. But, under the most important circumstances, our group emotions must be peaceful. We must demonstrate considerable kindness in a charitable spirit. Whatever intensity of action may result, our common warm feelings of unity create enormous solidarity in group operations.

Cooperative Groups Develop More Effective Organizations

Our drawing people together through Reaching-Out creates several structural requirements for active collaboration. While forming a group, we may enlist individuals who have a natural desire to operate as a unit. But, our group will have minimum cohesive force without a responsible organization. Most of us really feel like we belong closer together, when we can identify with a name and a functional type of association. Then, we can learn more easily what we must do to cooperate and can measure-up to responsibilities better.

Each of our effective groups must have clearly defined objectives and goals. Problems that one organization works-on should not be very diverse. When our collective interests are quite scattered, we should build several organizations. So, each group can have its own somewhat limited types of objectives. When activities of a group are limited, members find an easier time maintaining desirable activities. Also, we can develop a stronger cohesive force among well directed members.

As our Reaching-Out groups have special need for focus and structure, each one requires By-Laws to guide its operations. We function better, when our group purposes are outlined on paper. At least, our limitations can be made relatively clear. Also, our membership requirements can be described to those who might want to join. Then, officers and committees will know their duties better if they are set-forth in By-Laws. Just the process of writing-up these guiding rules can build unity. Later the organization can become incorporated under state laws and obtain other advantages.

After our cooperative group is formed, its membership must have regular meetings. We get acquainted with each other as part of a fellowship. Without fairly close association our group structure may fall apart. Reaching-Out contacts need frequent renewal. Then, our board of officers must meet more often on a regular basis, because activity decisions and business problems can arise fairly frequently. Officers and committee chairmen must be responsible and such accountability calls for occasional reporting to a board. Stabilization of group structure seems quite dependent on our making each organization democratic and highly participating.

Usually effective organizations have financial needs for all sorts of expenditures. Almost any kind of cooperative activity involves costs for goods and services. Many of these essential needs are not free. So, where money is required, group finances must be made secure. Means for obtaining funds are numerous and our most valuable groups are relatively skillful at raising the necessary money to balance the budget.

One very important outcome for our organization is to get more progress set in motion on objectives. We need to learn that our working together is showing some accomplishment. Certain groups may survive just to provide socialization. but, achieving success in executing the purpose of the original group formation creates considerable cohesive strength. Progress toward goals leads to special fulfillment.

We Focus Our United Action More Strongly On Social Problems

Our creating a stronger group spirit of togetherness makes our united responsibility achieve more vitality. Just facing our defective social conditions together gives us a start toward progress. We have more collective awareness of our serious relationship problems. Group recognition of specific difficulties that need our attention allows us to unite those who have the same concerns. We discover that, when our group with its unified purpose gets involved in one improvement, we can accomplish more. Group enthusiasm becomes stronger and group determination drives us more aggressively on a single issue.

When we contact our world in several groups, our action can become focused on many human difficulties. Simply working together in each of these separate groups with separate interests makes us care about more people with more intensity. We are able to analyze our local, economic and political difficulties better, when we study possible improvements with other activists who are concerned with the same problems. Getting into friendly arguments on one subject with an interested group gives us chances to think specifically about making our society function better. The important concept of sharing liability with others is easier to grasp, as we participate in many associations.

Our group action on social problems becomes more effective by some power of the number of enthusiastic members. The size of our organizations contributes to their influence, because people like to be in more of a majority. Then, more of us being active

in working to achieve progress may create a tide that carries advances along faster. We regularly need more hard workers to get all of the necessary action going faster. So, we struggle to obtain more people in more groups working on more problems.

We Show Special Concerns About Our Human Resources

As we get involved in cooperating with others, we are in good positions to help enrich our human resources. An astonishing number of neglected human requirements indicates that we must improve our abilities to handle problems through wider contacts. When we feel that uniting force of Reaching-Out fairly strongly, our joint action becomes relatively progressive. Our united concerns help us support progress in developing ways and means for making human life better.

Anxieties make us more sensitive to the need for better human physical well-being. So, quite widely we must spread knowledge of what can be done to lessen human bodily difficulties. At least, we must try to eliminate hunger, where this affliction is ruining the lives of vast numbers of people. Possibly one-fifth of the worlds population is suffering from such distress. Then, the importance of good nutrition needs to be scattered around among people who have food. Many of us who have plenty of food to eat do not select a good diet. Also, to preserve our physical resources we have obligations to advertise the hazards of bad intake habits. Indulgence in alcohol, tobacco and drugs are among the most serious dangers that receive our concerns about human bodies.

No matter how well we take care of our bodies, in time we will need professional health service. When we develop some physical problems, medical diagnosis and treatment costs can be very high. So, our health concerns make us work to decrease these costs. We must also be worried about the quality of these services. Luckily, our health care may be improved by better cooperation between patient, professionals, hospitals and community groups. hopefully, this concerted action will hold down the price of remedying the many human disorders.

Some people become handicapped in one way or another and we must support means for helping these disadvantaged lead rewarding lives. Our accountability principle, that those of us who are in good condition must help those in serious plights, is basic to our Reaching-Out process. We easily discover that one of the most rewarding features of our lives is providing assistance where it is badly needed. Our biggest prize may be our feelings of exhilaration while providing this relief for those in trouble. However, our most effective strategy is to help the handicapped help themselves. All concerned people must participate in these cooperative efforts.

While we practice contacting techniques better, we promote enriched human rights as valuable resources. These superior principles of justice must recognize special considerations that we owe all people of all ages. From birth to death, we must have standard rights of (1) life, (2) freedom from abuse, (3) opportunity for personal well being and (4) self determination. In our earliest years we must receive loving care in a beautiful well organized home. While growing-up we must be given as good an education as we

can absorb. Further, as we mature we must have the right to learn how to carry-out useful work. Then, our struggle is for even-handed social justice that provides all of us with acceptable jobs through-out our productive lives. When our economy is in poor shape we may not be able to find desirable work. So, we must have additional rights to supplemental jobs or to adequate unemployment compensation. Over the years, many societies have built-up some recognition of these aspects of social justice. But, our responsibility is to work strongly to implement these rights more effectively.

One important way in which we can increase human resources is to improve our educational systems substantially. Our problems of inadequate training for people is becoming quite obvious. We are in desperate need of preparing our children, so they can overcome more difficulties in the future. This united action must focus considerable effort on making schools provide better instruction for children and even adults. Naturally, we want those basics, like reading, writing and arithmetic, to have improved instruction. But, our additional concerns must be to instill in students what has happened in the past, what has been the trend of human progress, what are the major problems at present and what we have learned about the causes and cures of these difficulties. We must struggle for more knowing, thinking, creating and working together. Probably, our whole training experience must last longer than at present, so we can build stronger expectations for the future.

Most of our legal systems have for their purposes the protection of our personal rights. Thus, we have strong obligations to promote obedience to all laws as a matter of principle. Justice needs firm

standards and a legal system is the only governmental way that we have to set-up rigid rules for human conduct. Those of us who obey all laws adopt the attitude that we are all in the world together and we must preserve everyone's rights. Some laws may need to be revised in order to be more just and we must work on this problem. But, when we are Reaching-Out, we must try to repress all emotions of hatred, revenge and self-seeking without regard for others, which make us break our laws. Such social action may require vastly improved training in working together in our legal systems. Also, we must promote social action that compensates victims of all kinds of crimes.

While trying to make our societies less dangerous places for people to live, we must help implement better safety standards. Our precautions seem to have eliminated some of the hazards for human beings living on earth. But, we are able to create new ones at a substantial rate, while many of the old dangers still hang around. So, our responsibility grows for us to demand that people be made aware of more unsafe conditions and dangerous practices. Also, we must help put into action more preventive measures. We want fewer accidents in the air, on our highways, in our homes and in our work places. This increased human security will take considerable cooperation of those who are concerned.

During our later years, after we join the ranks of the elderly, we have distinctive rights in a cooperative society. Such advanced form of justice does not hinder our older people from chances to lead as productive lives as possible. The right to work should be extended up to an age that is reasonable, considering the physical and mental well-being of the individual.

We must welcome services that elderly can contribute as workers and volunteers. But, above some enfeebling age, we must grant our senior citizens exceptional recognition. Not only must we give them respectful privileges, but we must demand less help from them for society. These entitlements are owed to our elderly for several reasons. They have lost many physical abilities; they have made long contributions to society; they form a valuable emotional resource for younger people; they serve as important consumers, when given needed assistance; they draw a wonderful feelings of concern from the rest of us. Our appropriate appreciation and concern must supply our elderly with special rights.

People have essential requirements to restrict pollution of our air, water and soil and to dispose of hazzardous wastes safely. As the population of our earth expands and technology in our economy spreads, we become more expert at contaminating our precious environment. In many metropolitan areas, the air is not pleasant or healthful to breath. In addition, we are not good at planning the essential balance of important air ingredients. Then, our earth's water may be deteriorating at an even more rapid rate. So, we must study the present problem of water for human consumption, agriculture and other business demands. For certain, we must plan carefully for the future supply of this essential liquid for human survival. Also, we tend to overlook what is happening to our soil and even brag about our increasing productivity of food materials. Our future ability to produce necessary substances for human nutrition requires careful attention, because we may put things in our soil that should not be there. The valuable materials in our earth's surface must

never become exhausted or toxic and this effort demands our effective cooperative action.

Earth's surface and crust have a large number of valuable materials that we use in manufacturing and fabrication. A few of these global components are useful for promoting valuable energy. But, all such material resources are in limited supply, which means that some of our greatest concerns must be for conservation and reutilization of earth's useful substances. These problems call for implementing means for recovering and recycling discards. Earth's resources are our resources and we must assume responsibility for their preservation on a cooperative basis.

We Support A More Cooperative Economic Structure For Society

Human progress has created a large number of separate systems for our exchanging goods and services. In advanced societies human life has become highly dependent on useful consumer things and helpful service workers. We have learned how to make so many commodities that use of materials and consumption of products have become natural every-minute procedures. Then, our daily lives receive so many helpful services that we frequently wonder what might be available next. Our principal problems in the world economy seem related to more involvement of everyone, better distribution of goods and services to the masses and greater stability of the exchange systems. We face an enormous challenge to integrate all people into an economy to the extent of their capabilities and their willingness to accept responsibilities. Also, we have a substantial need to lessen the tendency for economic cycles of prosperity and recession.

We have an old economic order of exchanges that calls itself the "free enterprise" economy. This structure prescribes a drastically low role of government in business. Free enterprise maintains that our trade processes work best when we get a large number of private entrepreneurs to compete in each exchange, while they exercise their selfish interests to get the maximum return for their goods or services. Theoretically this economy might produce a struggle for more efficiency, more creativity and better quality in our various exchanges, which certainly would be important elements in improving our businesses. But, complete free enterprise has been lacking in many vital details, like lowering the percentage of poor, educating all of the people, understanding basic knowledge, getting new businesses started, doing good planning, helping with transportation and making all operations safe for everyone involved. Particularly, this philosophy has shown little ability to relieve problems of such as distribution of goods and services to everyone and stabilization of a country's economic well-being. In these economies, we always have had a near majority of very poor and a small fraction of very rich, while boom and bust have rocked their stability.

With these short-comings in unmodified private enterprise economies, we could expect that some idea of turning-business-ownership-and-operation-over-to-government would arise. At least, Karl Marx thought that this socialist approach would produce a better distribution of goods and services. Also, opinions floated around that socialism would make an economy more stable. But, experiments with this economy have been in place for several decades. So, our careful evaluation is available to uncover its numerous defects.

numerous defects. Apparently, any complete type of socialism demands a totalitarian government, has a political educational organization, places limits on creativity as well as business acumen and does not emphasize quality of goods or efficiency of services. The result has been a weak economy, called communism, that believes in spreading its doctrine through revolution. Its enormous rigidity has little appeal to people living in democratic countries. Quite naturally, we started to develop the modified private enterprise economies long before we experimented with communism. Still, our mixed systems, which we can call hybrid economies, did not reach their advanced stages until communism presented itself as a competitor, whose weaknesses needed to be revealed.

As a result of democracy spreading, our hybrid economy offers people chances to obtain important features of both unmodified economies. Our composite of private enterprise with government grants and social projects retains the competitive struggle of businesses for greater efficiency, expansion of individual creativity and improving quality of goods and services. In this joint private and government operation, we do not abandon the poor, sick and handicapped, but try to keep them active in the economy. Then, when world cooperation is quite active and our government does not waste much of our economy on the military, we can usually achieve a measure of prosperity.

Giving democratic governments key roles in some exchange systems helps us avoid many negative aspects in a strictly private economy. Our public authorities have been quite active in getting many important industries started, in developing massive public

education, in promoting fundamental research, in studying critical social needs, in establishing numerous transportation facilities and in setting-up valuable human safety standards. At the same time, we have private foundations that contribute to education, research and economic planning. Fortunately, our democratic governments do not exercise much restrictive control in our hybrid economy. So, we enjoy considerable flexibility in the role that various participaters in exchange systems can assume. Still, we need a more strategic balance between private and public economic activity.

We Struggle To Become Part Of A More Unified World

As human contacts widen, we must learn how to improve communication in the shrinking world. We have a large multiple language problem that interferes with world wide conversation. Still, our friendly messages must get through this barrier to all people. Also, we must warm-up our acquaintances until we overcome differences in religion, culture and ideology. Hopefully, some of our contacts will be personal, so we can build better knowledge of people from close association. Then, we must begin to understand better the large number of different inhabitants of our beautiful earth. Equally important, others must begin to understand us, so the grasp of human values can become mutual. All people must develop this joint feeling of intimacy before our world can become united.

Significantly our united world must be based on the importance of individual human beings and their responsibilities. We must use our close associations to spread the valuable achievements of most democratic civilizations. At least, during our cooperation ~~we must bring to light beliefs in freedom, self-determination of~~

we must bring to light beliefs in freedom, self determination of social structures and human rights for all people. Through friendship we can promote democracy by pointing-out its valuable features, including the rule of the majority by means of constitutional authority. Our efforts usually accomplish the best results, when we describe how effective democracies work with some optimism. In such guidance we must be educational and stimulating rather than pressuring. All of us must realize that we are the ones who must strive for our own freedoms and world unity.

Our Reaching-Out has a uniting effect in our world as it creates greater incentives for the rich to help the poor. The responsibility to establish a better standard of well-being for all people has been developing over the ages. Hopefully, the rich have discovered that their greatest satisfactions can be generated by strategically helping the poor lift themselves out of poverty. Advanced countries have found that they elevate their own group feelings and international images by contributing to the economic growth of backward societies. In the past, the USA hybrid economics has received capital from sources outside of our country to build industries. In turn, we must help developing countries in their efforts to achieve more advanced technology and better production methods that fit their resources. We must realize that the best way to halt the spread of communism is to demonstrate the possible effectiveness of hybrid economics in raising the living standards of most people. During this demonstration, we must struggle for solutions to our large number of serious social problems.

As our world gets more unified, we learn that societies are increasingly interdependent. No country has enough of the raw materials, essential technology and production capacity to exist in isolation. For example, we must import some fourteen or more raw materials into the USA for us to have enough. Such situation indicates that growing closer together creates an increasing need for reciprocal trade. Then, our expanding international exchange of materials and consumer goods is bound to build greater world unity. The USA may like to brag about having the most advanced economy of any nation. But, this observation must be regarded as part of a temporary world problem. As cooperation increases, our interdependence means that all countries must go upward together. In this process, goods and services must pass back and forth over national boundaries quite freely and even extensively. We may have intense international competition in various stages of our economic growth. But, our overall results must be the expanding world cooperation. Increasingly all people will have better lives and more goods to consume.

If we build enough world coherence, such progress may show-up in United Nations reforms that would improve this international organization. At least, we need better representation in the top UN authoritative groups, so our world leadership structure becomes more democratic. The single-vote veto in official actions of the Council might be replaced by a two-thirds majority agreement. Also, the agencies that are out in the international arena doing the work of the UN might get more support. We might even hope for

a better international law structure and a stronger World Court, which might help us establish a more peaceful world.

Terrorists have developed a separating force in our world that we must overcome. Most emotions toward groups that support the holding of hostages and the planting of destructive bombs are powerfully negative, but not very effective. Thus, we must create a united world fellowship that is warmer and an international preventive action that keeps searching for terrorist operations efficiently. Such united efforts to stop these horrible incidents seems essential for effective control of violent revenge tactics and must be necessary to decrease international fears.

When we reach-out and establish important international agreements, we may make better unified decisions about our oceans. All of us should have enormous interest in what happens to the tremendous mass of water that covers most of our earth. We need firm resolutions about the amount and quality of impurities that we allow in this valuable water. Certainly, preservation of life that exists in various seas demands our unified attention. Also, ownership of materials that we obtain from ocean floors requires a fair world judgement. We cannot be sure just how soon our oceans will become the principal source of essential raw materials. So, we have an exceptionally important problem of developing effective laws of the seas.

CHAPTER VI

OUR CRITICAL HUMAN NEEDS ARE REVEALED

(How Dependent Are We On Reaching-Out To Make Us Aware Of Our Urgent Requirements For More Progress?)

Our Reaching-Out sends multiple messages of friendship that originate deep inside of us and penetrate outward through all restrictions to more and more people. With this process we have amazing chances for being an important part of the Universe that exhibits creative human action. Actually, our developing various skills at widening our affection for people can open-up our world into a wonderland of cooperation. We can participate in this beautiful cosmic achievement and learn that joint human operations deserve our continuous study. Then, we can discover means for greater personal enrichment and social refinement. As we expand our friendly contacts, we acquire tremendous feelings of satisfaction from their revelations.

Our warm associations with more people give us an awakening experience that might otherwise escape our inner lives. Thus, we obtain a remarkable introduction to our massive human problems. So, more of us become aware that critical human needs call strongly for our remedial help. We even grasp the extent of the possibilities for our achieving many kinds of substantial improvements. As a result, we become strongly motivated to get busy and dedicate our lives to making our world better in every respect.

We Need Enriching Personal Achievements

The ways of looking at our possible capabilities always call for enrichment. We seldom get this message of human potential when we are preoccupied with self. Realizing the importance of our enormous interdependence does not seem to come through to us, if we place any restrictions on our regard for others. When our relationships widen, so we meet more despairing people, the need for overall human advancement becomes clearer. Our attitudes toward human beings must improve and we must expand our friendships to learn more of this beautiful possibility. If we really increase our interest in others, we can recognize the attractiveness of being part of the Universe in motion upward.

While making our lives more productive, we must learn to think more positively. Acquisition of more progressive knowledge definitely requires increasing human contacts. As we encounter optimistic friends and see how well they deal with their difficulties our gloomy thoughts can disappear. Then, we usually display more enthusiasm toward helping people with their problems. Better realization of the necessity for such stimulating mental practices may demand much greater association with people.

In the past some of us have elevated our goals for ourselves and our world. But, without spreading good will to more people, we have difficulty understanding that more of us must extend ourselves toward these more helpful objectives. Our search for personal power only tends to conceal our opportunities to advance our goals for living. Then, as we see others trying hard for what

might seem to be the impossible, we can realize the need for our Reaching-Out with more helpful purposes. Such improved direction for our lives, which we get from contact with others, can lead to quite satisfying achievements.

Our getting acquainted with more people is effective in disclosing serious weaknesses in our judgements. Actions of all kinds require evaluation before we undertake them. Then, each decision must be made on valid conclusions that take into consideration the consequences for those that are affected. Since practically all of our assessments of what is desirable to do on any issue involves others, we can always use more regard for people. Our increasing kindness for those that are affected can improve our keenness in making good decisions.

We acquire important achievements, when we become better planners for our lives. Realization that we must become more accomplished designers for the future arrives largely from our contacts with others. Few of us lead as useful lives as we are potentially able to live. So, we are fortunate that realization of these possibilities for ourselves can come to light when we become friendly with more people. Our special requirements involve learning how we can grasp the nature of more human problems and can organize our approaches to obtain better relief.

Our fulfillment is increased further when we follow-through with our course of remedial action and get our jobs done better. Here again, training and experience that we receive from friends may be our best source of awareness that such accomplishments are available. We can get incredible achievements, when we

receive great stimulation through contacts with strong human resources and make real progress.

All of us can become enriched by performing our remedial work with greater vitality. Our vigor and endurance does depend greatly on how we treat ourselves. At the same time, we are able to grasp the possibilities for exerting greater force during our progressive activities through expanded friendships. Our ability to struggle with our problems more strongly comes home to us more clearly as we get better acquainted with the outside world.

While we are working on problems, part of our satisfactions comes from not letting set-backs cause discouragements. We can sometimes display better self-discipline naturally, but this important advancement is brought into our lives best from friendly contacts. Persistence gives us our greatest stability and associates may furnish us with many examples of this self-control. From others, we can learn to expect retarding difficulties and even to turn them to our advantage.

Our opportunities for achieving enrichment through self-denial are usually uncovered through association with others. When we make sacrifices in the course of helping others, our inner selves benefit substantially. We scarcely realize the great hazards of greed until we manage to keep getting acquainted with more people. Then, we can design our lives to achieve more rewarding improvements by making sacrifices as we widen our acquaintances.

Our expanding inspiration develops a high level of momentum, when we become more and more cooperative with people. The excitement of working together can always accelerate , as we participate in

more joint action. But, we seldom become aware of such potential benefits from coordinated operations, until we experience the fascination of our collective enterprises. The closer our association with others becomes, the stronger our teamwork grows. Everyone can reach extraordinary satisfactions just from increasing unity that comes from thinking and feeling together with friends. So, we resolutely need to learn how to stimulate our friendly contacts through communication, understanding and working together.

We have basic personal requirements for becoming more worthwhile members of society. Fortunately, when we widen our acquaintances, this demand on ourselves comes home. We learn that our public organizations have large numbers of serious problems. Also, that Reaching-Out can build-up remarkable incentives for everyone to struggle to achieve greater social progress.

Our Basic Personal Character Demands Continuing Refinement

During expanding friendliness with people, we learn that our ethical traits are so complicated that our basic patterns of conduct can always be improved. We are all different. So, our individual problems of developing uplifting standards of behavior are enormously diverse. Each of us has special adjustments that are essential to keep our personal and social actions moving toward higher levels of virtue. Our close personal contacts teach us that we must assume the jobs of first finding weaknesses in our own principles of behavior and next improving our own life styles.

Our getting in closer touch with others reveals many virtues that need enrichment in our lives. We could scarcely discuss fully all of these traits that might be strengthened to improve our characters. But, members of the human species continue to display performance handicaps in their struggle to obtain more power and recognition. So, we should become aware of behavior features that illustrate how our critical character needs are brought-home to us by our wider human associations. Our studying these important qualities helps us realize the linkage that exists between the valuable human traits of different people.

We may require more friendly contacts with other human beings before we can become more truthful. When we get acquainted with more people, we are able to learn that communication can frequently be clearer. Even if we do not lie deliberately, our messages often times do not carry the totally correct information. Our knowledge of facts may need to be improved through contacts, so we can make better modifications of our statements. Our lives achieve enrichment, as we make all of our messages more exact while Reaching-Out.

Refinement of our honesty is dependent on our obtaining more sincere friendly relationships. Our integrity may develop to a point at which we would not steal from anyone. Still, if we found something that belonged to someone else, we might not try hard to find the owner and return the article. Our efforts may fall short of obtaining a completely honest society, unless we become more open with other people. Upright behavior is a vital element in

individual freedoms that we get from increasing cooperation in our world.

Our Reaching-Out may be necessary for others to rely on us better to do what we say that we will do. We may be loyal to our friends and organizations to a degree. But, we may not do everything that is expected of us, unless our association is intimate. If this closeness makes us trustworthy, we may carry-out our work on the agreed-to time schedule. Reliability can always be improved, as we expand our human contacts.

Justice is an important element in our characters that demands continuous enrichment through fellowship. Short-comings in the realm of treating others fairly and standing-up to be counted on social issues come to light better during friendly relationships. Our realization of the need for better standards of justice may require considerable out-reach. Fair play requires extraordinary amount of free play. We can invariably give human rights more of our progressive efforts, when we increase our contacts with people.

Our favorable response to opportunities to help people in need can always be stimulated, when we develop closer human contacts. If we enter areas of helping people more strongly, we can make our friendly intensions more visible inside of us. Rendering assistance to others who are in serious trouble may give us greater rewards than the ones who receive the relief. As we are more merciful, we can add valuable elements to our lives, which give us greater skills in Reaching-Out.

In the course of embracing more people, we learn that we can always be more attentive and polite. At least, we can acquire increasing ability in recognizing the accomplishments of others. Expressing special appreciation of those who take steps upward gets more of our attention after we widen our relationships. So, we may require greater efforts to extend our human contacts, before we realize the value of becoming more courteous. One means for being more polite is to inject some humor into our expressions of appreciation. Also, we must show more gratitude for any attention or help that we receive from friends.

Our generosity is often in need of enrichment, when we have limited human contacts. All of us have a tendency to be somewhat selfish. So, our spirit of giving may not expand very much without greater acquaintance with people. When we think and feel more about others, we can become more charitable. As we increase the liberality of our giving, our friendliness can grow stronger. Benevolence is a powerful tool to unite a society.

Another important feature that distinguishes the character of each of us is courage, the calm type of inner strength that resists fears. When troubled with fears, we can learn that we must be more courageous by observing the examples of others. Dangers that we face may appear suddenly or may take shape as an impending occurrence. So, our bravery must be taught to repel instant fright as well as to overcome stress of anticipated difficulties. One valuable avenue for acquiring greater courage is the realization that others appreciate this strength.

Widening concerns can teach us many ways to open ourselves up to more optimism. Interaction with others can give us more confidence in progressive movements that are developing in our world. We have so many serious problems that threaten our survival as a species that we need more friendly associations to be hopeful. Human confidence is closely connected to the spirit of working together as comrades, which builds strength into our faith.

Greater realization of our need for more responsibility often calls for better group cooperation. When we agree to carry-out certain obligations, we can often do these jobs more promptly and effectively with a closer group spirit. At least, on the job we can usually work harder and use procedures that accomplish more. Then, as our awareness of urgencies to solve problems grows stronger, we may be willing to work on more remedial projects. Better application of our talents and greater efficiency in their use are important consequences of Reaching-Out.

Our love for others is quite likely to call desperately for greater warmth and beauty. We may not understand the critical value of greater tenderness unless our communication channels are opened wider to more of those around us. Our desire to treat others in a kindly manner increases as we learn more about them. Such expanded compassion is an important element in the foundation of a better world. We just can never develop too much of our deep feelings of love. It is a powerful cement that could join us all together.

Our Training In Useful Skills Requires Steady Improvement

We usually display considerable ignorance about how to improve our personal conditions, if we are immersed in our own opinions. The greater knowledge that might help us gain better control over our lives may require more experimental work. We are different from other people and we must learn to handle our own problems. But, this experimental approach to expanding our knowledge of our lives may require us to widen our contacts. When we discuss our problems with more knowledgable people, we usually get useful ideas about what to do and what not to do.

Understanding the safety aspects of keeping fit with safe intake habits demands special investigation. In this study, careful contacts with others can be highly informative. As examples, our enormous problems caused by self indulgence in alcohol and other drugs become more evident when we see their effects on users. Also, from these contacts we comprehend better the hazards of toxic environmental materials in producing ailments. After we learn more about chemicals that we should avoid breathing or consuming, we can pattern our lives better to prevent physical difficulties.

We can invigorate our experimental living considerably, when we develop better insight into improving the food that we eat. Our lives get better, when we acquire greater understanding of the nutritional value of each vitamin and mineral that we need in our diets. Then, we must learn what food materials provide us with these necessary ingredients and eat them. Also, we need to get a better grasp of reasons for abstaining from consumption of undesirable

materials. Critical analysis of these problems by concerned consumers that we contact can help us with our attempts to improve our nutrition.

Realization of our physical training needs become more apparent as we learn the value of exercise from gymnastic associations. We have all kinds of different demands on our muscular systems in order to improve our physical condition. All of our muscles need to be kept strong and flexible. Fortunately, we can acquire greater knowledge about the effects that are possible from different types of motion through courses in gymnastics. Here, we may receive more insight into the value of exercise during action in a group.

As we get better acquainted with more people, our mental reservoir can always take-on more useful knowledge. We need to learn more facts about the Universe around us and human beings in general, as well as ourselves, just to maintain self confidence. This demand for us to keep better informed results from the rapid expansion in knowledge about the Universe. This important information keeps becoming more available for us, as we keep Reaching-Out. Responses from others provide considerable help for our self instruction.

We are in want of better understanding of what is going-on around us in every aspect of life on earth. Any improved comprehension of why our various difficulties arise gives us better chances of planning for the future. With more perception, we may be able to prevent many misfortunes and to find relief from troubles that develop inspite of our restraining efforts. Success

in reaching more rational conclusions in our thinking may not develop without our making more stimulating relationships.

All of us can use more training in conceiving and developing valuable new means for making human progress. But, such creativity in working on all of our problems is a mental skill that may elude us, unless we feel the inspiration of greater contacts. We receive considerable personal benefits from evolving greater inventiveness in dealing with people. Still, our old ideas may persist without fresh associations with others, who have new ideas. Originality seems to blossom best in an atmosphere of more and more of us working together creatively.

Our emotions can almost invariably become warmer, when such necessity penetrates our compassionate feelings. As we expand our social contacts, pressure builds for us to become more sensitive to this requirement for greater tenderness. We find that people respond better to our improved loving sensations. People in our wider associations get more inspiration, when we display an assortment of emotions that is more impressive. These enriched communications give us a better chance to comprehend our need for more tender feelings. We realize that our world is in desperate need for more love.

Through contacts with others we discover that our world is obsessed with too many negative and too few positive emotions. People are frustrated with fear, anger, suspicion, resentment, pessimism, gloom and other repugnant outlooks. When we realize the presence of these emotional problems, we are stimulated to

cultivate more friendly approaches to the frustrated. Our jobs must include the disseminating of compassion, courage, humor, trust, optimism and appreciation. More people must be brought into the sphere of tender affection.

We Learn That Families Need Stronger Cohesive Forces

One of our most obvious human needs is for families to acquire more unity, stability and effectiveness. Many of us are inclined to think that this situation only troubles families that fall apart, unless we are in close touch with a wide world. Actually, without Reaching-Out, we have difficulty discovering what kind of forces are essential to hold families together. But, we can always use close association to discover what might be done to improve family cohesion.

Our extended contacts are useful to make us aware of unifying forces that must develop between male and female before marriage. Of course, deep compassion is the most powerful source of unity for a couple. But, mutual cooperative attitudes and experiences in problem-solving can play key roles in binding a couple together. We must realize that successful working together results in interrelationships that build the necessary harmony before the yoke.

Anticipation of family unity can make progress when the couple is able to eliminate most of their personal problems and differences-in-convictions before the ceremony. Human indulgences, such as alcoholic liquor drinking, tobacco smoking and drug use, inject weak links in togetherness. Any tendency toward violence

by either party should be brought to light quite early in courtship. Personal character of both partners should be disclosed and rigid beliefs that have mystic or authoritarian aspects should be revealed.

After marriage, if we build families with greater stability, we must learn how tensions can be relieved. Families should have more good times together. All group relationships show better cohesion, when everyone is immersed in humor and is having a great deal of fun. Special vacations should be organized to give the whole family a chance to have unusual pleasure as a unit. If we could put into action more means for decreasing stresses, we would have fewer divorces.

Each family must become more of a place for growth of every member. For group stability, individuality must acquire more strength of purpose, while cooperation improves. Each of our members must develop more ambition to become more worthwhile in our world. To make such a move upward, we must cultivate more skill at planning and more experience at experimental living. Becoming aware of these possibilities may demand an improvement in our Reaching-Out.

As we study problems of our societies, our need for improved home life for children becomes too apparent. Home is where boys and girls might learn much more information about their physical, mental and emotional selves. Participation in family activities during our early years tends to make lasting impressions. Our homes are ideal places for teaching physical skills; these places are where we have the best chance to build creativity; families are where we can get the warmest compassion. We can hope that our

children will suffer the minimum violence at home. Also, they must receive more information about sex and must undergo absolutely no sexual abuse.

Mothers, fathers and children can almost always form better cooperatives in the home. As we look around in these groups, we can usually see how inter-family communication can carry more friendly messages. Family responsibility is a force that must be divided-up more equally. By Reaching-Out, our whole group can face most problems together on a relatively equal basis with better team work.

Businesses In Our Economy Require More Cooperation

Our economy has complications that confuse us enormously unless we become familiar with the nature of these problems. We may be perplexed by the controversy between the two extremist economic ideologies, one of which wants unassisted and uncontrolled private enterprise and the other that favors government ownership and operation of all businesses. This argument between pure private capitalism and extreme socialism overlooks the history of our USA business development. Actually, we have demonstrated that government, business, labor and consumers can build a hybrid economy in which we have considerable cooperation between all members of the economy. The foundation of this blended structure is competitive private enterprise. But, businesses have received substantial help, subsidy and control from government. At the same time, labor and consumers have enjoyed sizable assistance and support from our authorities. Thus indirect involvement of

government in our economy has been indispensable. We have enterprises like public schools, postal service, police service, and fire protection that are operated by government agencies. What we have constructed is a hybrid economy in which government fills-in essential enterprise gaps and makes many exchanges work more for the common good. However, our systems attempt to provide goods and services for everyone has many serious problems and we must work hard to provide relief for those who are largely excluded.

One of our serious economic difficulties is the inadequate participation by many of us in important exchange systems. Too many of us live below the poverty level in our economy. We may have some poor with us always, but we have obligations to decrease this number as a per cent of our population drastically. Any success in this endeavor will improve our economic stability.

We have much too high a per cent of our work force that is unemployed. Our unemployment compensation program supports us for a while, when we are hunting for a job. But, soon we may need to go on welfare. Then, an important discovery is revealed about the fair work ethics. When we are capable of carrying-out or learning useful skills, right-to-work using our talents should be more of a social obligation than welfare-without-work.

Costs of goods and services in our economy tend to increase at too high a rate. Our exchange systems may be stimulated by a reasonably low rate of inflation. But, when the increase in the prices that consumers must pay for their essentials reaches more than four per cent per year, the inflation may increase too rapidly. Some of the means that we might try to use as a control of rising

prices may have their own problems. The economy must not become stagnant.

Money supply calls for more careful control, because the inflation is accompanied by an increase in cash flow. So, our FED increases interest rates in an attempt to decrease the amount of borrowed money in exchange systems, which combats inflation. But, manufacturers and farmers borrow money for routine purchases and consumers borrow money for expensive buying. Thus, high interest rates bring many serious difficulties to most segments of our economy.

Our federal government has acquired large routine budget deficits, which weaken our economy. This lack of balance between income and expenditures requires government to borrow the money to make-up the difference and requires taxpayers to pay the interest on the loans. Thus, to attract this money from loaners the interest rates will remain higher than desirable. We desperately need the consent of taxpayers to pay enough money to the government that will greatly lower the budget deficit. Tax cuts and increased military spending may have helped bring us out of a recession. But, the part of our economy that has been stimulated by the military is highly wasteful. So, we must stop building an economic structure that is quite unstable.

We have a dollar that has a high value on the world currency market. So, we have some difficulty selling commodities to other countries, while they sell their goods relatively cheaply in the USA. As a result, our country has more businesses that go bankrupt and foreign businesses have less profit money for production

expansion and fewer commodities for consumers. Obviously, this trade imbalance calls for greater international cooperation in the the monetary area of business and investment. We need to work for a better measure of inter-country reciprocal trade.

Our economy displays a substantial need for more and better ^{human} services. These helpful occupations are highly diverse and most of them are easily recognized. The ones that must give us great concerns include education, health care, preservation of our ecology, research of all kinds, planning for the future, better recreation and protection against crime, fire and weather. As we expand our services, we tend to uncover additional demands for help with our problems.

Many segments of our societies discharge non toxic wastes that contain materials of value, which may become in short supply. But, we are entering a period in which every effort must be made to recycle these wastes. Our earth has a limited amount of many useful substances and we have obligations to conserve them for future use. Some valuable wastes come from plants or animals that we produce and conservation or recycling these materials will increase the efficiency of this part of our economy.

Our economy can achieve greater stability by supplying improved security for the elderly and the handicapped. These segments of our society can contribute a broader base of consumption, when they are provided with more nearly adequate incomes. The per cent of our population, which is physically disadvantaged by age or disabilities is increasing. So, these problems of furnishing just economic security for all people demand our growing attention.

Important Resources Require Greater Efforts For Preservation

We have limited land areas on our earth, which creates serious problems with human resources. The number of people living on areas that are suitable for habitation may shape the future of civilization. Currently growth in population density requires more land on which to raise more plants both for food and to preserve our atmosphere. But, our population growth decreases the land area that is available for supplying mankind with necessities. Thus, our retaining required land areas demands a halt in expansion of human inhabitants. We may have already reached too high a ratio of people residing on the land to the available land area.

Preservation of the quality of earth's wonderful air has become an important human challenge. We need that extremely valuable oxygen to provide energy for our bodies. But, we must restrict some undesirable minor constituents at lower levels of concentration than we have now. Carbon dioxide, which is built-up by animal discharge and fossil fuel combustion, requires control because its concentration has an effect on our climate, although plants need it. We must preserve our atmospheric ozone layer to keep-out undesirable radiation. Our smog, which includes the highly irritating foggy ingredients of our air, must be kept at low concentration. In particular, we must try to control acid rain, so it does not damage our forests and lakes or inflame our breathing apparatus.

We have enormous need for purer fresh water for human consumption, plant growth, household use and all industries

Most people have the illusion that water is abundant, because we experience lots of rain and snow in most areas. With this deception, our fresh water is the resource that suffers greatly from lack of conservation. At least, we must do a better job of protecting our water from toxic wastes, which creep into our ground at increasing rates from dumps and manufacturing plants. More of our sewage needs to be treated to remove its pollutants and the purified water needs to be recycled for various usages.

Waste from radioactive materials used in nuclear power plants or atomic bombs creates enormous problems for our adequate water supply. We have quite a challenge to dispose this waste so an insignificant amount of its radioactive material contaminates ground fluids. So, our action must try to control the accumulation of these hazardous substances until a safe means is discovered for storing them many thousand years, so they cannot enter water that human beings use.

Water in our oceans is a valuable resource that we must protect and maintain at a high level of purity. For certain, people must not allow oceans to be over-fished until these sea-food products disappear. Also, our efforts must prevent undesirable amounts of toxic materials from being dumped into these vast oceanic reservoirs. In particular, injection of carcinogens, bacteria and viruses must be controlled. Eventually, people may be somewhat food dependent on fish and plant products that we get from ocean waters.

Our world-wide land use requires more careful research and planning. Without these more effective studies, evidence still indicates that earth's crop-lands may soon almost stop increasing in area. But, the probable increase in world population will demand considerable expansion in the production of plants for food. Thus, we must learn how to farm crop-lands so that they will increase their per-acre food growth in keeping with the growing number of people who must have nutrients. Also, if we continue to burn large amounts of fossil ^{fuel} per number of human beings, we must expand the number of living plants that convert carbon dioxide into oxygen. This effort may require an enormous amount of reforestation and increase in food plants. In addition, reservation of land area must be made for raising more animals that are needed for human food.

As our world population increases and becomes more technical, we will develop serious problems of finding adequate sources of energy. Our reserves of petroleum may be depleted by the expanding demand of the future. Burning coal may provide us with some energy for a longer time. But, we may need decreasing amount of carbon dioxide in our air. Thus, we may soon require supplementary means of producing power for more vehicles, airplanes and boats, as well as our industries and households. Our major challenge will be to create better ways of using solar energy. Hopefully, we can work-out combinations of power sources, including solar, wind and renewables, that will meet our increasing needs.

Our earth's crust has a remarkable number of valuable mineral resources for our expanding human population. We refine most of these ores to get metals for all kinds of construction and a vast quantity of useful products. So, our mineral problems for the future arise from the limited supply of these ores, the increasing demand for metals and the difficulty that we have in recycling metals from products that are no longer useful. Such dilemmas give us the message that conservation is an extraordinarily important stabilizing practice for our societies. As we continue to expand our use of minerals, we must organize many effective long-range planning programs.

We Have Other Reasons To Control Population Explosions

The enormous rates of increase in population density during the twentieth century have had confusing effects in many countries. Before this time some countries have benefited from growth in numbers of people, because inhabitant densities were low. So, more workers and consumers were needed in the economy and adequate land area was available. Now, many populations have reached excessive size in much of our world. In addition, studies indicate that a vast majority of our social problems are aggravated by continuous population growth. The simple arithmetic of what happens to many issues, when the number of people doubles in an overcrowded country, is frightening. Population control is one of the widely recognized needs for modern societies.

One of our opportunities to relieve population problems is to help determine where overcrowded conditions exist. Simply calculating the number of people per square mile in habitable

areas can give us a start. Then, we can continue by measuring the difficulty each country has in developing a cooperative society. One important measurement is the determination of how well the educational system is improving. Such study must determine if many trained people are leaving the country and if illiteracy remains high. Also, we need to discover if poverty is increasing, so poor people are leaving the country or concentrating in cities where unemployment remains high. Such assessments should discover if crime is increasing at an undesirable rate. Additional appraisals should determine if transportation is overcrowded and confusing in much of the area. Eventually, we must decide if pollution of the environment, such as air, water and soil, is excessive. At least, our studies should find out if there is enough fresh water for the essential use of society. With all of this information, our judgement of overcrowding can be fairly reliable. We may be able to decide if population growth is outstripping expansion of economic resources and production.

These serious situations that accompany overcrowding usually demand economic approaches with the help of government. In many countries, education might be improved if governments would apply more money to the problem of training people better. In some places, poverty might decrease considerably, if authorities would subsidize more businesses more strategically. Efforts by these authorities to create better economic cooperation in their countries might lessen crime and pollution. Then, careful administrative planning and investing are usually successful in furnishing people with more water for essential use. Such increased

financing of overcrowding remedies by government might be possible if less money was spent on military equipment. Still, eventual increases in population density must receive careful control in practically all countries in our world.

After we give consideration to the social difficulties that are aggravated by high population density, we are faced with a struggle for family planning. Soon, effective methods of restricting the number of children per family must receive wide acceptance even from religions. More efforts should concentrate on spreading knowledge about preventive methods of avoiding pregnancy. This information about contraceptive practices, such as withdrawal, rhythm, pills, IUDs, condoms, diaphragms, stimulants of miscarriage and sterilization, need to be available to all families. World wide expenditures on contraceptive research are so small that an enormous increase is essential. Then, all factual information on preventing pregnancy must be given much wider distribution. Family planning may become highly essential in the future.

High density population problems are for the whole world. Incentives for having children are great in all societies, human beings tend to live longer in most areas and people tend to migrate from high density to low density countries. In addition, relief is highly dependent on government promotion of family planning. Thus, population problems are going to vary considerably from country to country, until we have a wide spread realization of the seriousness of human overcrowding.

We Must Help People Obtain Governments That Provide Universal Freedom

We continue to have great need for more democratic governments, where decisions are made fairly by a majority of the people, who receive satisfactory training and adequate information. If our governments are going to be effective in helping us reach-out further, they must respond favorably to the majority of the people, who must be free to express their opinions. Even after centuries of progress toward democracy around the world, we still have numerous countries with authoritarian regimes. Most of these government problems are created by ruling dictators, while people share appreciable responsibility for failure in establishing effective democracies. Better education for all people seems essential, ^{because} freedom and the spirit of cooperation for all people must be developed in this training process.

Dictators come into power in various ways. Many fall heir to their high positions by being in the right family. Some are military leaders of a successful revolution, who use their leadership to take-over maximum power. Others may be elected to office and then assume higher authority. After a dictatorship is established, control of the people and their thinking is maximized in order to keep the authority secure. In most cases, this successful domineering keeps the people quite ignorant and subject to systematic delusions of belief and ideology.

Countries, whose people largely embrace one religion, usually have major discriminatory problems. Most of these faiths, which are held by a vast majority of the citizens, create antagonistic prejudices against all others. Naturally, these hostile feelings

are mostly based on the mystic parts of their beliefs and the unpleasant effects of prejudices. So, one of our important tasks is to improve relationships between religions by emphasizing the many common segments of all beliefs that are related to helping people in need. At least, we must promote the separation of church and state. Our civilizations have obligations of attempting to eliminate all conflicting religious feelings.

Discrimination by authoritarian governments is sometimes based on racial differences. Members of one race that has the greatest governmental power in a nation frequently refuses to let members of other races have their fair share of the authority. These superiority-inferiority complexes are tough dilemmas to overcome. But, one of our world goals demands that we struggle for a better spirit of equality for all people.

In this century communism has appeared in a number of countries and has established authoritarian governments with strict control of their economies. Here discrimination occurs against anyone who does not agree with the imposed socialistic ideology. These societies have almost invariably originated from revolutions against other authoritarian government systems, where limited private enterprise kept the people in severe poverty. Now, we have the extraordinarily important problem of developing peaceful relationships between communist and non-communist countries. Our immediate challenge is to get governments in the two kinds of countries to achieve increasing harmony. Much evidence suggests that people in the two kinds of countries can be quite friendly

with each other. In addition, communist discrimination tends to relax as international stress and violence decreases.

International Relations Must Be Based More On Cooperation

We have critical needs for better communication between all countries, particularly those with different cultures. Improved relationships require better knowledge ~~and~~ **and** acquaintance among the parties that must seek better connections. As these friendly contacts acquire more strength, people can begin to understand each other better. Such penetration through the barriers of human ignorance opens the way for increased unity.

Part of our better perception of other people reveals how interdependent we are. We must certainly develop a better sense of needing one another. No country has all of the materials that it needs to be self-sufficient economically. Then, our advance in mental progress requires contributions from many different countries. Also, we really need all of those people out there with ~~extra~~ special friendly feelings. There are so many parts of our lives that we can exchange that human existence can be quite stimulating.

As we build better realization of our need for others, we have a chance to moderate our individual self-interest. We must help train people to think and feel that they must act strongly for the progress of human beings rather than simply for their own better standard of living. More of us must learn more about people and then receive the rewards of helping others in a cooperative way. Most rivalry must be transferred to competition

about who can do the most to improve all people and all societies. Here is where our biggest personal benefits can be obtained.

When rewards obtained from nations working together reach us, we are stimulated to help relieve stresses and unpleasant actions in our world. We desperately need fewer violent international gangs and less of their murderous terrorism. Any minor violence that originates in an other country breeds undesirable hatred. Even drug traffic spoils relations between countries. Thus, our efforts to overcome any dividing offences must search for the source of the bad feelings and try to improve these unpleasant emotions.

Better international relationships require more interchange that is warmly inspirational. Such expanding contacts can use art, music, science and health care for spreading friendliness. The object of such approaches must be to warm-up all peoples emotions. All of us must create more love in our lives to improve our sense of well-being. Also, we must do a better job of feeding the world's hungry and training the ignorant. Different countries must work closed together, so we can create better world unity.

In both national and international realms we must stop the use of wars to settle disputes. Even preparation for conflicts, which is used as a possible deterrent of war, is too much of an economic adversity. Then, an outbreak of nuclear war would become a major catastrophe causing enormous destruction and massive killing. So, we must develop better means for bringing possible antagonists together to negotiate for peaceful settlement of all serious international difficulties.

CHAPTER VII

WE HAVE TWO PERIODS FOR LEARNING HOW TO REACH OUT

(What Are The Most Promising Channels For Acquiring Greater Skills
In Getting Close To People During Two Parts Of Our Lives?)

We have various programs that might teach us how to achieve greater skills in Reaching-Out to more people. But, the two important periods in our lives in which we can acquire competence in making friends have different characteristics that we recognize easily. Our accomplishments during these two personal learning spans are partly up to us as individuals in our environment. Still, discussion of two types of training periods may direct us toward better talents for friendship and may stimulate us to guide others better in beautiful friendly efforts. Quite naturally, our first opportunity to learn the processes of Reaching-Out is in our homes and schools on our way to maturity. But, we must always recognize our second possibility for learning how to be friendly after we are grown-up. These two training periods are usually different simply because of age differential and dissimilar capacity for learning from models.

We Grow-Up In An Atmosphere Of Reaching-Out

Our early experiences at home and in the first few years at school offer us extremely effective periods for making good contacts with people. In these first few years we are wide-open to learning the important facts about a cooperative life. Parental instruction cannot start too soon. Also, this training cannot give us too much knowledge and know-how about how to develop a

more friendly world. Definitely, our early guidance must be quite strategic. So, we are quite able to exercise growing skills at contacting others. While growing-up, we can learn more rapidly how to reach-out by actually Reaching-Out more often. Obviously, we need parents and early elementary schools who are quite effective teachers of our beautiful process. Such environment must stimulate us first to develop warm compassion for everyone and then to seize more opportunities to help people.

Right from birth we need rather an astonishing amount of physical attention. Food intake and body secretions are certainly our elementary essentials. Professional medical care may be required on occasions. Then, any simple physical contact is a very important greeting for our arrival on earth. We must have older people hold us, so we feel human body-to-body closeness. All of this handling calls for the maximum of tenderness. Early in life our arms and legs require gentle manipulation to encourage us to use them. Soon we must learn to do all kinds of delightful things with our limbs. Friendly physical association with people enables us to discover that it feels wonderful to be alive in a warm world.

In our early years pleasant sights and sounds are amazing means for introducing us to Reaching-Out. At this time, we certainly need to see smiles and friendly facial expressions, Such cheerfulness is easily transmitted in a way that makes us feel good. As children, we want lots of talk and we hope for talk that seems pleasing. We always benefit from cheerful laughter, happy music and attractive motion. In return, we must participate

by making responsive sounds and motions that transmit good will. Our crying must be decreased to a minimum, even when suffering exists and sadness is real. Our pleasant vibrations are ones that can penetrate deeply into our lives and enrich our feelings.

As children our mental activities demand quite continuous expansion. At least, young people must ask questions by the hundreds. Then, early in life we need parents or teachers to give us explanations of many things that are going-on in our world. Our early conversations become two-way communications that give us growing introductions to human problems. Our understanding of people can grow, while we read books with stories of friendly acts. We can develop creativity by drawing pictures and making toys. Also, thoughts about relieving difficulties can be stimulated as we play many children's games. Here, we may learn the value of rules, so we can realize the importance of fairness in the humanitarian sense. This experience may enable us to develop a higher level of integrity. Eventually, we may grasp the value of struggling to do better in any progressive action rather than insisting on winning contests. Our friendly thoughts are directed more easily toward people as we become better acquainted with them through friendly consideration.

While we are taking our elementary course in Reaching-Out, we are naturally exposed to very warm feelings. Our parents show us compassion and appreciation in nearly every family situation. Expressions of love by others fill our lives with ecstasy. Then, we are given every opportunity to respond with increasing fondness for those around us. We are encouraged to share things

with others and to develop friendly feelings toward all people that we contact. Deep emotions tend to envelop our sensations and take us to the world of enchantment through togetherness.

We make our best progress when we observe effective Reaching-Out by others. So, our parents have considerable responsibility for demonstrating the strength of friendly contacts. Certainly we learn friendliness better from watching good examples of feelings than from obeying rules. Observation of our family leaders getting beneficial results from friendly contacts becomes a powerful educational experience. Our parents getting along lovingly together is a tremendous help in our training. In addition, our parents should put us in positions where we can show others the fun in making friendly contacts. Close association with the instruction process becomes a powerful force for instilling Reaching-Out into our lives.

When our early instructions become effective, we are given chances to associate with all kinds of personalities. Then, we have opportunities to adopt behavior that creates more friendliness toward different people and to distinguish it from aggressiveness that leads to ill will. Hopefully, our responses become well trained to prefer connections that develop harmony. We may even be given chances to play amicably with children of other beliefs or different races. Our getting acquainted with various backgrounds helps us become able to overcome discord resulting from unlikeness. We learn that all of us people are on our earth and we must be able to get along together peacefully.

As we learn to carry-out useful operations, we usually require comprehensible friendly directions. Experience is a greater teacher when we understand what we are doing. Thus, our parents and teachers must supply jobs for us that we can perform and they must show us the most effective way to get the job done and why. Naturally, we must be encouraged to carry-out remedial operations promptly and satisfactorily. Further, we must learn to enjoy work that is all important, particularly if it is helping people in trouble. Ecstasy from worthwhile labor that we know why it is valuable is an extremely important part of our Reaching-Out.

We receive powerful reinforcement for our enjoyment in helping people, when someone we love shows grateful attention. Our parents are able to magnify our satisfactions by showing recognition and appreciation of our making friendly contacts. Our feelings are highly elevated, when our helpfulness to others receives such admiration. Also, we can learn better what kind of action is really warmhearted, particularly if our parents agree in their praise. Hopefully, our loved ones will compliment us for our own improvements and not for being better than someone else. Friendly esteem should not be granted on a competitive basis, because we must become anxious to enrich ourselves rather than to beat someone else.

When we fail to be friendly with others, hopefully we will receive highly strategic discipline in the home. Some of our early behavior is likely to show a measure of unpleasantness.

But, if our parents display a degree of sadness about us, which matches the degree of our unpleasantness, their message of disappointment will be clear. Parental discontent and distress turns-out to be more effective punishment for us than any violent reaction. Physical beatings arouse unsatisfactory emotions in us, while our causing suffering of loved ones can make us vow not to cause it again. During our elementary course in Reaching-Out, we need all of the sympathy, compassion and support that we can get from those who are close to us.

In a friendly early environment, if we are treated unfairly or violently by someone, we learn to forgive the wrong-doer. Our possible negative emotions might put-up the worst obstructions to our Reaching-Out. Whereas our forgiveness is one of the most powerful forces that relieves our negative emotions. So, when we give-up resentments, our anger subsides, we make no attempt at reprisal and our confidence in ourselves is invigorated. This inner strength tends to overcome our fears and make reconciliation quite natural. We discover that practice of forgiveness gives us valuable procedures for making more friendly contacts.

We Adopt The Process Of Reaching-Out After Arriving At Maturity

As mature adults, our initial determination to adopt Reaching-Out might be quite sudden. But, our developing most of the important skills of this process is certain to demand continuous advancement. Thus, our progress toward better human relationships has many different requirements depending on our personal problems. We would have difficulty enumerating all of the barriers that tend to isolate us. So, our analysis of training examines practices

that adults must drop. We must eliminate our obstructions, before we really can get started making better contacts with all of those people out there.

Our occupation with self after maturity is one of the serious handicaps to our realizing that we live in a world of people. In this case, we usually have been unfavorably trained to glory in the spot-light. Instead of helping with all human problems, we may be largely self-seeking and worried about getting our own wants satisfied. Such pursuits sometimes lead to self indulgence and unfortunate habits that are difficult to overcome. Our revelling in drugs, tobacco, alcohol or any other chemical that gives us a "high" certainly falls in this category. We may think that we are quite happy while pampering ourselves in this narrow minded way. But, we often have no idea what we are missing in our isolation. Unfortunately, our departure from such life style becomes quite difficult. We may need a human crisis to make us as aware of others as we are of ourselves. Also, we may require unexpected relief from our own troubles to kindle our consciousness of those out-there who are calling for our help. Almost certainly, our lessening of self indulgence demands that we begin to regard ourselves as important, responsible members of our world and not as individuals who simply gratify tastes and fancies.

After we grow-up, we must not concentrate on competition in which we must be champions and others must be put-down. We must put ourselves under some stress to carry-out operations faster and better than we did previously, but not necessarily better than someone else. This struggle must try to make progress

in our activities as indications of advancement in the background of stagnation. Otherwise our ambition might simply be to make more money than others in order to capture special respect and admiration from society. Such aggressive action to obtain extra recognition usually builds antagonisms and jealousies that warp our feelings about people. Then, we might not realize that when we reach positions of greater authority we must assume greater responsibility to answer calls for help. Before we can build more friendliness, we must become aware that the best way to win best feelings in life is to make strategic improvements for everyone. Our need for special personal attention must relax and we must begin to be better problem solvers.

Without a warm loving environment, we may grow-up obsessed with negative feelings of all kinds. Actually suffering is wide spread and we must learn to accept much of it graciously without much anger. Unpleasant emotions keep us apart from all of those that we think are threatening our well being. Many of us imagine that someone in the criminal bracket may attack us at any time. Also, our apprehension can spread from individuals who are at the poverty level to those of a different race to foreigners with a different ideology, who we call our enemies. Thus, any attempt to build-up courage and friendliness may require considerable emotional effort. We need self appraisal of our inner feelings, so we are concerned about all human beings including ourselves. For certain, we must get better acquainted with those who arouse our anxieties. As we build increasing sense of unity, we may achieve a good measure of security, which is essential for our friendly contacts.

We have a great deal of trouble learning to make friendly contacts, if our selfishness or fears cause us to be violent. While we are refining our reactions, so our relationships widen, we need to rid ourselves of any acts expressing turbulence or rage. Our anger is an emotion that we must learn to control until it does not make much appearance in our actions or personalities. Still, our awareness that violence promotes return violence does not develop very rapidly. Actually, any restraint of forceful reactions to unpleasant events requires careful search by each of us for a warm accountable self that does not expect too much from human situations. Our inner exploration for trusty adaptive selves may last for years, before we are ready to abandon brute force.

If our early training did not show us how to express warm feelings orally, we are usually poor at friendly communication. We may not do much conversing or listening, so little of our information goes out to others and little knowledge comes to us in return. As an opposite weak tendency, our talk may rattle along indefinitely without carrying any real meaning, so we have little time to receive words from others. In these situations, our exchange problems require recognition and our attentions need focusing on dialogue. We must orient ourselves, so our friendliness takes an expanding form through words as well as actions. Possibly one of our best introductions to sending friendly messages is to provide special oral help to someone in serious trouble. Such benevolent talk can do a lot to open us up to the exchange of ideas.

Many of us are enveloped in ideologies that separate us from everyone who does not accept our special values. This type of barrier may be so strong that we do not want any contact with those whose views on some social issues differ greatly from ours. Concepts that split-up our world can cover a vast array of human problems and personal behaviors. Several common areas, where turning-off differences are pronounced, include government frameworks, economic systems, ecological concerns, entertainment interests and sexual practices. With the hostility in these areas, we may be relatively helpless in dropping our prejudices completely. But when we begin to embrace problem-solving and learn that human situations can always be made better, our isolation becomes weaker. If we get involved in searching for improvements, we may become less critical of others who may also need to make advancements. At least, our human relationships have a chance of becoming more peaceful.

Without complete acceptance of the physical diversity of people, we may ~~may~~ show various kinds of discrimination. Our situation is serious, because we have many types of human beings who call for our contacts. Even distinctions between sexes must be recognized largely as functional differences when building close associations in our society. We must have have more complete sexual equality. Then, when we have trouble making friendly contacts with other races our ability to reach-out is limited considerably. If we find ourselves afflicted with this disorder, our first remedial requirement must be to get better acquainted with more and more people of various races. Eventually, most people must understand that racial differences must become insignificant in our world.

Mystic religions tend to keep us apart when we are highly involved adults. These special beliefs frequently make us regard someone of a different conviction as not worthy of our friendship. Many of us approach unbelievers by trying to convert them to our faith, which usually does not spread good feelings. Even our world today presents us with samples of violence that originates from the virulence that exists between some religions. Obviously, we must discard intolerance toward those who have different faiths from ours before we can reach-out very far. Such concessions may not be easy to make. But, we can frequently achieve progress by getting better acquainted with more people with different religious views. We can lose some of our poor feelings by searching unbelievers for their problem-solving activities, with which we can agree.

Our lives are sometimes sad or dispirited, so that we lapse into depressions that isolate us. We have various causes for dejection and we develop different degrees of discouragement as we lower our vitality. Even so, our spirits must receive considerable energizing before we can improve our relationships to show more friendliness and cheerfulness toward others. Such motivation may develop through experiences that provide us with physical, mental and emotional stimulation. Usually we benefit from professional assistance that is well designed to cheer us up. Still, our stimulus almost always requires self examination and self enlivenment through meditation. Any awakening seems to start after we reach deep down into our lives to find the strength to love everyone better.

After we have lowered our barriers appreciably, we may have made a good start on our adult Reaching-Out course. But, we must keep making progress. Actually, if we do not continue to master the dynamic procedure of making better friendly contacts, we may slide backward and become lost again in self-interest. More practice being friendly may not make us perfect, but it is a good way to drive us forward. Progress toward improving relationships requires harmonious reconciliation with those that we have avoided, combatted, or refused to accept. At least, we must get involved in helping more people in a more friendly manner. Then, our lives may become dedicated to problem-solving so every part of our existence warms-up and becomes exciting.

Hopefully we will be able to unrap ourselves from all of the various types of physical, mental and emotional blankets that isolate us. This analysis suggests that all we need to do is to become aware of our segregating difficulties, get well informed about our world, gain more understanding of people, open-up ourselves to more compassionate contacts, develop means for better communication, relax our self-interests and experiment with lowering our barriers. Such remedial efforts may make it possible for us to prepare ourselves for a continuing program of widening our associations.

CHAPTER VIII

OUR REACHING-OUT DEVELOPS STRUCTURE

(What Kind Of Organizations Do We Need To Make Our Efforts At Helping People More Effective At Greater And Greater Distances?)

As our lives struggle for larger circles of friendly relationships, our helpful contacts require bigger organizations. We can expand our action toward people who live fairly near us rather easily on a personal basis. Also, we can participate actively in the relief of many difficulties that are close to home, and some that are world wide, through local private groups. But, human problems are so extensive and so extraordinarily complex that much of our remedial work must be carried-out by democratic governmental organizations. In order to expand our feelings of world unity indefinitely, we must involve authorities with corrective power over larger and larger jurisdictions. Such requirements increase our individual responsibilities to participate in all kinds of political activities.

Our Families Are Important Units For Expanding Local Contacts

The fundamental social unit with which we can exercise our friendly associations consists of our families. Any beautiful household union requires a tremendous amount of Reaching-Out. This compassion and cooperation must exist among family members and must spread until other people feel the family unity. Thus, we must concentrate a substantial proportion of our warmth and fellowship right in our homes. Real strength in our friendliness starts among those who are very dear to us. Also, we must make

our families important unifying forces in our communities. Then we can develop better contacts between family members to deepen human feelings.

Present evidence of poor unity in family life over the whole world indicates our great need to strengthen home relationships. Here, we have great places to achieve the rewards of thinking together and the stimulation of being together. These real close associations offer remarkable environments for warm feelings to develop. Thus, in beautiful families we have wonderful opportunities to put our Reaching-Out into practice. These basic social units provide us with essential primary stages in human cooperation. So, we must work hard to enhance family beauty.

An important feature of our home lives is our inter-family contacts. We have learned that we must not keep our beautiful families isolated. Many of our more friendly relationships are established when several families in a community get well acquainted and work together in cooperation on problems. Such collaboration may take place in many types of social, religious and political organizations. Our most significant action in these associations may be to help other people who are in need. But, possibly their most prevalent purpose is to provide our communities with pleasant fellowships. At least our families create a delightful structure that helps us reach-out further.

We Extend Friendliness Through Personal Efforts

Our personal lives require considerable enrichment as we expand our lives individually. As time passes, we must develop more strength for contacting all kinds of people, because growth in motivation is essential to expand our progressive action. Improvement in our abilities to impress others in our world with our friendship must not remain static. Also, confidence in ourselves and those around us must grow stronger as we grow older. We need that warm inner spirit and outer faith to generate persistence in our personal good works. Our responsibility is to build better and better self-support for helping people as we reach-out in our world.

Surveys of our effectiveness in making personal contacts are necessary to help us open-up and extend ourselves. This inspection must involve self-examination as well as some inspection of responses that we get from others. We are required to do our own evaluating. But, we must hope for resourceful suggestions about what approach might give better results. Special tests are important for all of our Reaching-Out efforts. We must keep looking for better ways to show friendship toward people that we contact. These efforts will benefit from our abandoning any negative practices. Our discipline in helping people originates in us.

To stimulate us into closer associations, we must adopt expanding positive programs to govern our lives. For this purpose we need more progressive goals, so we can keep our direction on an upward track. Before we can get more effectively involved,

we must do a lot of planning to map-out more useful approaches to our world problems. Then, after assessing workable proposals, we must develop priorities that assist us in timing and arranging our every day activities. Vital forces can show more strength, when we pursue well organized courses for developing greater friendliness.

We must devote substantial amount of time obtaining information about people. Our facts about human beings are almost always limited. So, we require some sources of information that may be quite reliable, such as reports of competent study groups. Also, we must have the motivation to consult critically with all suppliers of news. While solving problems, we need all of the accurate news that we can get. Further, we have substantial responsibility to understand fairly well those that we contact. Our grasping reasons for people's reactions requires considerable alertness and some probing into what makes others act the way they do. All of this preparation builds better elementary structures for our Reaching-Out.

Our Reaching-Out Works Through Other Non-Governmental Structures

We have a large number of private organizations that greatly increase our ability to reach-out. Many of these groups carry-out services of helping people using our monetary contributions or our volunteer action. In this area, many religious groups offer considerable opportunities for us to widen our contacts with people, even when they may mix doctrines with services. Then, we cannot count on all government agencies for doing a good job of

normalizing human rights and opportunities without the influence of citizen groups. So, we need special private organizations to apply political pressure on governments to get them to help work on human problems. Also, our authorities may be insensitive or corrupt and we may require action by private groups to obtain changes in administrations.

Our working through private action organizations presents us with problems of determining what our priorities are and how effective various helpful projects have become. We have limited amounts of money to contribute to activist groups that expand our abilities to help people. Then, our time that is available for participating in helpful activities is restricted. So, our big job is to select the types of involvement to which we can dedicate ourselves with the most enthusiasm. We certainly want to distribute our devotion to community, national and world problems. This spreading of dedication means that we must join several effective helpful groups.

Those difficulties that afflict local societies offer many opportunities for problem solvers. Some organizations assist in aiding the handicapped, who might be either physically disabled or elderly, so they are largely confined. Important groups provide crisis shelters, where women and children, who are abused, can start new lives. Also, we can often join structures that help the ^{with} hungry in food for good health. Our communities frequently have groups that help relieve the suffering of those who either have bad habits or experience natural catastrophies. Sometimes, we can

join the fight to prohibit the dumping of toxic wastes or the struggle to require the purifying and recycling of water and other valuable materials. Our cities naturally develop many organizations that work on invigorating the economics and safety of these areas. We have openings in numerous local groups that expand our abilities to reach-out.

Our chances to help with the promotion of human rights are increased by joining others who are active in this area. Here, We can join movements that work for more nearly equal freedoms. Some emphasis is still needed on freedom of speech, of religion, of press, of information, to migrate, from fear and from criminal acts. We might want associates who concentrate on developing more nearly equal opportunities, where there is little discrimination or oppression due to difference in race or religion. Many of us might discover groups that promote a right to a job. Some groups are available to help us promote reasonable national health care. Then, quite valuable groups support continuous improvement in universal education. The fundamental basis for progress seems to be the advancement in skills that will help us solve all kinds of problems.

While we are learning to reach-out with greater skills, we must search for human structures that will help us respond to our responsibilities. Our list must include groups that support progress toward many high goals. Fortunately, we have some that help us understand what is going-on in our world. Then, many organizations are available to help us take a more active part in politics. Special associations offer us opportunities to improve the

operation of our economy. Also, we can usually find those that offer collective action in preserving our ecology. With strong interests in developing safe replaceable energy sources, we can discover groups that are quite devoted to collective action in this effort. Other organizations are evolving that can expand our work in controlling world population and world hunger. We are able to join many groups that can keep us trying to measure-up to our accountability.

When we make our Reaching-Out extend world wide, we can find global groups that are deeply concerned about world peace. Some of these activists are dedicated to creating pleasant communications between all countries, so we can build more friendly international relationships. Others work strongly for world cooperation that might lead to freer trade and recognition of our interdependence. Currently, our important issue of halting the arms race has the interest of vigorous organizations. We can even find groups that have as their distant goal the reforming of the United Nations into a World Government. Our opportunities are getting better for working with many people for peace that is becoming more peaceful.

Our responsibilities do not end when we join organizations that seem to have goals in which we are quite interested. We must keep checking on whether their actions are effective in making progress toward objectives that we think are in the right direction. Group Reaching-Out requires constant reevaluation and adjustment to ensure that its progressive actions become more efficient.

Our Cooperation Expands Through Local Governments

Our cities and counties that have representative governments provide us with public facilities and services that build community unity. Thus, we can increase the effectiveness of our Reaching-Out quite substantially by utilizing city and county authorities. These local governments require tax money to help us with our joint operations. Of course, not every citizen gets the same personal beneficial effects from this help. Still, our spirit of togetherness becomes amplified until everyone who reaches-out receives added satisfactions from their identification with the community.

Most city structures have remarkably strategic functions. These local areas are criss-crossed with many streets that are smoothly paved. Some city blocks are largely divided into lots for dwelling houses. But, we reserve desirable areas for businesses and industries, while we have special tracts for parks, schools and public buildings. Zoning of various areas make our cities fairly well organized for different types of usage. Also, city transportation systems may be facilitated with freeways and special bus or rail systems. We continually change our land utilization to keep-up with increases in population. So, our local democratic governments are essential, because without them we would not have the authority to implement better municipal unifying structures.

Through our local governments we provide our children with basic educational instruction. The foundation of our society rests firmly on our school systems that we, the citizens, furnish by

Reaching-Out into school authorities. Our children receive training from kindergarten through high school that is paid-for essentially by the tax payers of their school district. Our responsibilities include the obligation to work strongly for improvement in this instruction. We can expand our over-all contacts with people most effectively by promoting better education for all children.

All of us receive valuable services that contribute to our safety through local government agencies. Our police force furnishes us with a measure of protection from criminals. So, most of us can be optimistic that we will not be the ones robbed or attacked. People can always hope for more effective government action to decrease the number of illegal acts. Then, we count strongly on firemen to put-out destructive fires, although we must take many precautions to see that our buildings are not burned. Houses are all vulnerable to many hazards that might ignite them. Further, traffic on our streets has become so great that we have installed numerous stop-and-go signals at our intersections. Cities have speed limits and other means of improving our safety while traveling in cars. Our local authorities help all of us to reach out and escape from many dangers.

Our valuable public utilities are largely products of local government action to help us reach-out. We would be in a desperate state without electricity, natural gas, pure water and drainage for our sewage. Even when private businesses furnish us with electricity and gas, we need our local authorities to provide some of the facilities and to control quality of products as well as

prices. Usually, our water and sewer services are owned by our cities and are furnished on a non-profit basis. Then, we get telephone and cable TV services wired into our homes with government supervision. Also, our trash is picked-up and our streets are cleaned under direct municipal control. Much of our cooperation in local communities takes place through action of elected officials.

As we consider our county governmental units, we find that this larger system has functions for land use outside of cities. County roads are further apart than city streets; farms have substantial acreage; county parks are usually larger than those in cities. While counties seem to be just areas that have not been taken-over by cities, they offer us opportunities to keep some local control over what happens in larger communities that can increase human cooperation.

Local governments have ordinances that supplement state and federal laws. These statutes give us opportunities to convict many people who are suspects of breaking such regulations or who do others wrong. To handle crime problems, we have court systems that try cases where justice demands judicial action. Our communities are usually committed to fairness. So, jury verdicts in our lower courts mirror our skill in determining if suspects are guilty or not guilty. Sentences for the guilty frequently show impartiality. Then, we even provide local jails for convicts, which makes punishment possible near the crime. All of these judicial processes call for improvement as involved people love better justice.

Our democracy can start quite close to home, as we vote most of our local governmental officials into office. So, we get an introduction into making decisions about what constitutes a capable public official by being politically responsible right in our own community. Our local governmental cooperation demands private Reaching-Out action by citizens to make the concerted effects sufficiently progressive.

We Have Substantial Need For Help From State Authorities

Quite early in our history we began to recognize our dependence on state governments to help us reach-out further. Naturally, democratic representation developed in these authorities, so they are relatively responsible to our relatively large area needs. We have a substantial number of concerns that stretch out over each large group of local units that we have made into a state. In addition, our spirit of cooperation has called for impartiality in the remedying of state-wide city and county problems. We realize that all citizens benefit from many state remedial services that relatively few of us might receive on a personal basis.

We rapidly discovered that private educational institutions were inadequate to provide sufficient specialized advanced instruction. As an essential contribution to higher education each of our states established universities for advanced study. In such institutions we can receive training to enter the professions or to become almost any type of scientist, if we show adequate skills. Also, our state universities have become centers for

research into vast realms of the unknown. In graduate schools, we are Reaching-Out far enough to give us considerable hope for the future. So, we do need to keep our higher education improving and to make it available to more of us.

Educational responsibilities of our state authorities reach down into local communities. In general, our states must help-out with elementary and ^{secondary} education. This action provides general supervision of quality improvements and fairness uniformity in the training of young children. We can hope that our children will receive better instruction, largely under pressure from state agencies. Such pressure is strong, because some of the funds for operating many local schools comes from the state. Hopefully, with this supervision we keep getting better school books and better standards for teachers.

Our states are involved in providing us with safety standards and legal services. These rules to protect workers in many occupations are very valuable. Then, we count on considerable action from state authorities to prevent and repair disasters out in the country. Further, we have state law enforcement officers to patrol highways and handle crimes that overlap our counties. Also, our state courts provide judicial action that is essential for justice where state laws are involved.

Sufficient fresh water and clean air is largely the responsibility of state governments. These extraordinarily important essentials for human existence keeps us Reaching-Out through our state authorities. Without this help, we would not

be able to predict just when our water might be in short supply. Also, our water requires frequent state inspection to determine if it is free from contamination. In addition, we seem to be polluting our precious air at a hazzardous rate. So, our lives will be highly dependent on careful survey and control of natural necessities for life over an indefinite time. Naturally, our planning for these important supplies must be improved substantially. We continue to distribute fresh water to areas where it is needed and we must preserve our water, air and soil from pollutants.

Many of our states have other natural resources that require protection or regulation. We want our public lands to receive considerable care to preserve them for the future. State parks must get special management to keep them in condition for outdoor people to enjoy. Some states have mountains or ocean beaches or lakes that are the responsibility of their governments to preserve. Here, our efforts must be to + make our states take care of this natural beauty for an indefinite time. Our whole ecology is largely in the hands of state authorities.

We give our states much of the obligation to develop our large transportation systems, so we can travel from one place to another. Thus cars have extensive highways that handle our requirements for journeys around states. These roads even have bridges, so we can cross rivers and other travel obstacles. Also, states make it possible for us to register our car ownership and they establish our driving regulations. Further, they help create public systems that include both bus and train service. We count

heavily on these intermediate governments to furnish us with all kinds of help for traveling.

Public utilities provide inter-city services that require considerable supervision by state governments. Installation of gas, telephone, electrical and other lines calls for standards that establish safety and performance. Our Public Utilities Commission also studies costs and determines prices that we must pay for essential public wellfare.

Special services for the handicapped have largely been taken-over by our states. We have various types of state hospitals that furnish this health care. In addition, we have centers that supply psychotherapy. Those of us who have mental problems that we cannot deal with ourselves stand a chance of getting some necessary help from their states. We can always hope that these services will be improved.

Our Federal Government Gives Us Still Greater Outreach

We get remarkable help from our central authority in Reaching-Out across our country. High-level democracy has been established in our national government, which operates under quite a wonderful constitution. In this environment, we have developed considerable nation-wide cooperation of many kinds. When our actions apply ~~smilable~~ political pressure, we get our national government to provide more nearly equal rights and equal opportunities for all of our citizens in all of our states. As an example, we can travel all around our country with minimum restrictions. Discrimination is disappearing and most citizens have

have equal protection under all laws. With this help from our federal authority, our access to more people has expanded considerably. Still, our national government requires more pressure from more people in more states before it cooperates favorably with our Reaching-Out efforts.

In the USA the central government has set-up enough standards for our personal rights to make most of us feel like we are united. When we are Reaching-Out nationally, our feelings become not that Uncle Sam is taking care of us, but that ^{we} are all supporting each other. All citizens need this social alliance, some more than others. Our freedom of speech, freedom of press, freedom of religion and other freedoms granted by our federal constitution have brought us relatively close together, even when we are different in many ways. Fortunately, the equality of our freedoms has improved throughout our national history.

Our educational systems have had some support from our federal authority and now we have a national department of education. But, although education is an extraordinarily important segment of our society, it is frequently under economic pressure to restrict our learning process. Thus, we must hope that our central government will provide more money and prescribe more equitable standards for our learning institutions. The loans that are provided students to pay for the cost of attending colleges or universities are valuable cooperative measures. Still, we must hope that more and more help for personal training in our schools will come from our federal government in the future.

Substantial amount of fundamental and developmental research is sponsored by our national government. Some of this study is not even concentrated on military problems or space exploration. Technology, scientific progress and knowledge of the Universe have considerable dependence on these expanding investigations. We can always use more economic help from high governmental sources to improve our search for more knowledge and understanding. Fortunately, when we make a valuable invention, our patent office will give us a limited-time exclusive claim of ownership for our creation. Getting recognition, like a patent for a process or product, gives us a better chance to develop original ideas.

Government subsidizing the development of businesses has been so common that we do not always recognize its importance in economic history. Actually, we have difficulty finding many businesses that have not been started by government promotion and monetary help. One special ^{helpful} example is the agriculture industry that has received substantial help through the centuries. We were given our farm land, when we homesteaded it; we were instructed in how to plant crops and how to cultivate soil to preserve moisture and eliminate weeds; we were given large amounts of research on how to improve crops and how to eliminate pests: ⁱⁿ we were some places given irrigation water, when it was needed; we were even occasionally given guaranteed prices for some crops. Numerous other industries have received almost this much assistance from the government in entering our progressive economy.

Transportation problems have always had relief with considerable assistance from federal authorities. Many roads have required national efforts that enabled them to be connected together, so they reached across the country. Then, these highways needed to be paved. Railroad companies were given land for their right-of-ways and much more areas, so they could become real estate companies. Our merchant marine businesses were built with federal assistance. Also, airplane industries got their start largely from government contracts and specifications. Now, air traffic control authorities are largely responsible for regulating the safety of nearly every plane landing in nearly every airport. We can hope that this supervision of plane safety will improve in the future.

One big contribution to our economy has been the granting of mineral resources to discoverers, who then produced valuable commodities from them. In the early days, all we needed to do was discover gold on government land, drive stakes in the ground around our discovery, go file a claim for the land area and the gold was ours. Many other metal ores and mineral sources have been almost given away freely by our national government. As a result, we have developed important resources quite extensively.

In the past we have received notable amounts of help from national authorities in the development of energy. Our coal largely belonged to government, but was transferred cheaply to private companies when it became our principal source of energy. As we converted most of our energy production over to combustion of petroleum

products, oil companies obtained most of their raw materials from cheap government leases. Now, because petroleum reserves show signs of exhaustion, we must rely partly on government to help develop alternative energy sources. Hopefully, we can become highly serviced with renewable energy materials. For many decades getting electricity from water power at our river dams has been utilized. Now, solar, wind and renewable sources of power need to be developed to meet our requirements with the help of government.

Public utilities owe their existence partly to the backing of our central government. Gas and electric companies are monopolies that must have their services controlled by federal agencies. Even prices charged for these essential utility services must be agreed to by government. In addition, fresh water supply and sewage disposal frequently require federal supervision. Over the centuries, telegraph and telephone services have received much government control and assistance. Now, radio and television corporations have been created by federal agencies assigning radiation wave lengths to various broadcasting companies. We can be certain that additional home services will come into existence with the support of our national authorities.

Central authorities play many roles in keeping our national economy under some control. Executive and legislative branches have built-up an enormous national debt by approving budgets with large deficits. But, they show indications of trying to slow down the debt increase, which would help stabilize government expenditures. Controlling our money supply has been taken-over by the Federal Reserve Board and we can hope that it will become a more responsible division of our government and keep interest rates at a reasonable level.

down at a reasonable level. Then national authorities limit and regulate mergers, so consumers can have wider choices. We have unemployment insurance, which protects us during brief periods without work. Even bankruptcies have been made less catastrophic. But, we can hope that our economy will receive more effective support from our national government. Requiring a minimum wage is not enough to keep businesses in order.

With the creation of Social Security, Medicare and Welfare, our federal government has assumed some responsibility for providing much needed help for needy people. As a retirement income insurance, Social Security is an extremely important step toward a program to keep our elderly citizens in the economy. To furnish assistance for our health care, Medicare supplies a valuable plan to help us keep ourselves active. Of the many other government assistance programs, Welfare enables us to reach-out quite far to the poor with great satisfactions. Quality of our civilization may soon depend on the effectiveness of government in keeping the impaired active in our economy. Our national authorities can always give us more cooperation.

Federal agencies must adopt more functions that might increase the economic stability of the whole world. We count on considerable help from these central authorities to develop trade with other countries. In working on this trade problem, balancing the exchange of goods frequently requires government assistance. These efforts ~~efforts~~ should work strongly to eliminate tariffs on imports while supporting the equalizing of exports.

If our government assumes more responsibility, reciprocity in foreign exchange of goods might become quite effective in invigorating the world economy.

When helping to protect people from various hazards, we need the support and action of federal authorities. We are more or less ignorant about health safety until an agency makes studies that determine whether or not various materials are dangerous. Then, our ability to control the use of unsafe substances depends on the action of those in authority. Some dangerous materials, like drugs, alcohol, tobacco and asbestos, are quite common in our society and their hazards are well reported. But, toxic chemicals may also be put into waste dumps, from which they might escape into water supplies. Wherever water is used for human consumption, we are quite dependent on government to insure that this essential material is free from perilous chemicals. Also, our air is indispensable for our breathing process. But, this vital source of oxygen is often contaminated until we cannot breath it with any comfort, unless we have firm pollution control by government. We need considerable help to avoid many chemicals.

Among the many functions of our national authority is the job of protecting us from attack by another country. In the past on occasion, we have adopted the plan of building a stronger military organization, because we have used the warfare means for protecting ourselves. But, we should have discovered that that friendly efforts to build better open communication with other countries is a more effective means for establishing

peaceful relationships than an arms race. Considering the enormous destructive power of war, our government must lead us into a harmonious situation where we are living in one world. We need a government that is highly dedicated to peace.

When all of our national authorities do their leadership work more effectively, we have quite a progressive society. With this expanded means of Reaching-Out giving us greater help, we can look forward to increased fairness and better cooperation in the future. However, our chief executive and our members of the legislative branches are elected by the people. Also, the Supreme Court and some lesser judicial bodies are appointed by elected officials. So, most of the responsibility for obtaining helpful support from our federal government lies with the people. The people may require more adequate harmonious education, before they are able to elect more effective public servants,

Our Unrestrained Reaching-Out May Require A World Government

Increasingly we recognize that we are living in a global society and that we need a world authority with more power than the United Nations, which has been a giant step forward. The evidence is centered on the large number of countries where the inhabitants are highly disadvantaged. Substantial proportions of their people are uneducated and economically poor. Most of these indigents are suffering from malnutrition and hunger. Our ability to reach-out toward these disadvantaged is quite restricted by their lack of human rights and our lack of responsibility for giving them increasing cooperation. So, we probably must have

a democratic world authority before human cooperation can be spread-out over all of the nations on our earth.

The awakening to our need for a world government has received some impetus from valuable functions of the United Nations. This present world authority has quite a number of accomplishments to its credit. UNICEF has established itself as one of the most effective organizations for helping to relieve world hunger and to lessen world ignorance. This world service organization could accomplish a great deal more with more support. Our International Monetary Fund has become quite an important system for helping poor nations out of their financial difficulties. Such fiscal problems have become fairly common and very baffling. Then, our World Bank offers valuable sources of credit to disadvantaged countries. Even so, our world economy needs much more assistance than we are giving it now.

When we recognize the multiple weaknesses of our United Nations, our special requirement for a more vital world authority becomes quite evident. Especially, our efforts to build a strong international desire for peace that is getting more peaceful receives restricted help from the United Nations. This valuable first step toward a world government offers little means for preventing the outbreak of violence and it is seldom involved in negotiations at the end of hostilities. In these days of nuclear proliferation, we have an enormous need for a central authority that could give us effective guidance toward peace.

Education on a world-wide basis calls for an immense amount of increased support from a central democratic government. An astonishing number of our world population is ignorant in most physical, mental and emotional realms. But, we can scarcely make any democracy work better without developing an increasing proportion of well trained people in its political groups. Not surprising, evidence is mounting that democracy requires the action of a world authority on education that can help build increasing international unity in the political area. In the worlds present fragmented condition, most countries are either trying to get ahead of others or holding-on to isolating ideologies. For advancement, more of us must understand and learn how to solve an increasing number of world problems.

We cannot count on the United Nations to expand our world communication systems, so we can have friendly contact between everyone. Our world is segmented and some of these segments are dominated by the United States, while others are dominated by the Soviet Union. Communication between these two groups of countries is so poor that negotiated settlement of disputes between them is very difficult. Besides these two worlds, we have the remaining nations that form the third world. Having these three highly separated groups makes most of our international messages fail to to get favorable responses. Better international communication demands better political unity.

Presently, our promotion of human rights and justice is a weak movement. Even human life does not receive the consideration that it deserves. The World Court has been quite powerless in this area, so justice and freedom are not very wide-spread. Free speech and free press have their limitations in many countries.

Recognition of the rights of others to have their own religions without showing any political antagonism is not common. Some religions even want their own countries with their own governments. Then, large numbers of people do not have the right to migrate to another country. Most of our world's population live in fear with little sense of security. When accused of a crime, many people may not get a fair trial. Quite a substantial proportion of us would benefit from a world authority that would advance the cause of human rights and decrease discrimination.

We have all kinds of difficulties with world trade that receive relatively little action in the United Nations. Different nations have different potentials for contributing raw materials or manufactured goods to our world markets. Many countries in our world do not participate up to their potential in the world economy. Probably, we will be able to organize a good measure of reciprocal trade only with the help of a central world authority. Changes in prices of exported and imported goods need more supervision. Hopefully, our better world trade will be able to help equalize the standard of living somewhat throughout our large number of countries.

Quite troublesome, we do not have a global authority that encourages world-wide human responsibility. We do not have much pressure on us to learn what is taking-place on our earth. After our knowledge of world affairs does gain some momentum, most of us have no means to get involved in working on these difficulties. Voters in many countries, who have a good measure of democracy, may not vote in a responsible way on international issues.

We have great need for considerable increase in world accountability and our joining a united international structure may be essential.

While we may realize the enormous importance of creating a world government, this valuable structure may be a long way off. The large majority of our nations are relatively small and poorly developed. They may embrace their own nationalism based on idealism and may show little tendency to form federated groups that might be necessary to function with large nations in a central world authority. A number of our countries are quite large and might demand excessive power, even if groups of small countries were represented on an equal population basis. Our effective world government would need an executive branch, which would have constitutionally acquired power to enforce world laws. Such giving-up of national sovereignty is not going to take place soon. Also, we want our world legislative bodies to make laws on a reasonably democratic basis, without the restriction of a single nation veto. So, we must keep trying to construct a more adequate world governmental constitution for the future.

PART IIREACHING-OUT ENRICHES OUR LIVESCHAPTER IXWE DEVELOP BENEFITS FOR OUR PHYSICAL WELL-BEING

(In What Manner Does Our Reaching-Out Give Our Bodies Many Rewards?)

Our physical well being receives a large number of valuable returns from our Reaching-Out. Actually, we have difficulty becoming acquainted with all of these beneficial effects. In many instances, we receive bodily help from others without realizing what has happened. Our greater concerns and better understanding of physical problems can help our bodies achieve better conditioning. One pattern of our material good fortune can be a condition of our feeling better inside from our making better contact with others outside. The physical benefits that we get from others can be monumental.

Simple Friendly Relationships Can Develop Us Physically

When we reach-out to people, we may receive remarkable relief from harmful physical tensions. We have difficulty determining all of the damaging effects of these physical afflictions. But we can be almost certain that each one of us suffers some bodily confusion from stresses that we experience as a result of our poor relations with people. Any tendency to retreat into ourselves promotes physical feelings of tension and builds action that is discomforting. So, we should be strongly motivated to become more friendly with more people just to achieve relaxation and physical endurance.

Rather remarkably, we seem to be able to transfer our Reaching-Out mental and emotional activities into improved physical functioning. Attention must focus frequently on this connection between these three types of activity in our lives. Then, we may realize that our bodies can benefit from our getting beautiful thoughts about people. Eventually we learn that we profit from thinking positively about helping those in trouble. Our physical strength may improve, when we make our inner feelings warmer. Compassion for people makes the whole person more vigorous.

Social contacts through Reaching-Out give us direct returns that may help us maintain good health. In one way, our friends will exercise care in not exposing us to their contagious diseases, if they are aware of the problem. In an other approach, means for improving our bodily soundness may come to light. Then, when we acquire physical difficulties, our well-wishers usually show-up rapidly to give us help. We can expect get-well cards, food and special assistance from all to whom we show great affection. Our helping people has a remarkable tendency to create many friendly responses that work far into our bodily functions to make us more healthy.

Our Personal Touch Outside Benefits Us Inside

When we make a simple human touch, this personal contact with others can have a beneficial effect on our own well being. An important feature of such physical contact is its valuable effect on those with whom we exchange bodily sensations. So, we are almost always stimulated to give a friendly touch to all of those to whom we reach-out. But, much of this sensation may be

symbolic and we should follow-up with more tender and meaningful physical contacts. Then, more important messages can come-through that give both contacters what our bodies need.

One common method for making personal touch is the hand-clasp. But, such contacts may be rather formal between adults in a ceremony. Still, our simple conventional grasp-some-ones-hand can express some powerful feelings of good-will. In addition, our body functions usually respond favorably to our hand clasp, when we put enthusiasm in to the shake. Most of us can show more physical vigor after we have gone down a human receiving line. Then, we may get more benefits when we make our hand contacts with younger persons.

Special arm and body contact with children seems to have extraordinary importance in our lives. Apparently, we have a unique need to know that young human beings have made gentle physical connection directly to our arms and bodies. When we hold babies some important communication goes both directions. We become quite aware of the great value that our close contacts have on the development of these young children. Their overall growth seems quite dependent on such relationships. Then, if we really want to feel good quickly ourselves, we should go some place and pick-up some children. The physical stimulous works fast from our friendly contacts with these young people.

The two-person embrace has beheficial effects, when we apply it to people of all ages and cultures. Through the hugging process, we can send friendly messages to both parties, which raises the

level of our pleasures. Our own enjoyment does not mean that everyone reacts positively to these contacts, because embraces may become greeting symbols. Still, the evidence is rather clear that friendly encircling some one with our arms gives us stimulation inside. The result is largely psychological and we probably will never discover the full possibilities for such means of communication. Still, we should take full advantage of benefits from close mutual convergences.

Reaching-Out Gives Us Better Ideas About Good Health

When human relationships are improved, we can often learn better ideas about food from others who are knowledgeable. Much information about nutrition is exchangeable, even though human bodies are all different. So, we may receive considerable help, when we discover how others react to various diets. At this point, we must experiment with our own food intake and make careful analyses of the results. Such investigations usually indicate that we can improve our health by adopting better food and nutrition supplements. As our observations of diets becomes more analytical, we can learn the value of limiting the amount of our consumed material. We do not need any extra amount of weight on our bodies.

Motivation to restrict our food intake gets stronger as we learn about those who do not have enough to eat. We appreciate good health better when we discover the extent of starvation on our earth. While Reaching-Out, we become highly concerned about world hunger and we benefit ourselves by cooperating in the relief of this serious problem. All human beings have the right to enough food for good health.

As a reward for our out-reach, we learn about dangerous materials that we should not put inside of our bodies. Such present-day hazards to our health and safety have many categories. Their dangers require considerable study and great concern about human physical difficulties. Then, we can readily discover that use of high drugs is a bad habit that must be avoided. Drug users get quite wrapped-up in their indulgences and display considerable irresponsibility in their communities. These people can become real hazards. Also, information about the dangers of smoking comes to light rather easily, if we observe and smell the tar that occupies the air where smoking occurs. With little investigation, we find-out that tobacco smoke is carcinogenic. Also, lighted tobacco refuse turns out to be the igniting devices for many fires that devastate our communities and threaten our lives. Association with those who consume even a moderate amount of alcoholic beverages tells us how treacherous this material can be. About the first difficulty that we experience from alcohol consumption is impairment of judgement. But, many other unsatisfactory behavior patterns may affect us, depending on the amount consumed. One of the most unfortunate hazards that drinkers create is the drunk-driving accidents, which kill tens of thousands and injure millions each year. Also, we must become concerned about what alcohol consumption does to the home. Our lives and our human relationships may become disasters, if we become alcoholics. Escape from all of these hazardous materials requires considerable cooperation between people.

When we carry-out exercises with others, we can get more involved in the task of making our bodies function better. Each of us needs to adopt an exercise program on an individual basis. But, our physical benefits usually increase, as we join a group that works-out together. Some of our good chances to keep all of our muscles active are to participate in the art of dancing in a club on a regular basis. Also, playing physical games with others can become part of our Reaching-Out process, which makes our insides more vigorous. Joining an exercise class tends to help us improve our health.

Although individuals have our own physical problems, we may learn how to cope with them better from our Reaching-Out contacts. Professional health care would come from doctors and nurses. But, usually we do not take advantage of this type of service until we are in serious trouble. This postponement may result in the loss of preventive health advice and remedial information coming from non-professional people, who have had problems similar to ours. We may not be enthusiastic about discussions that include telling a group about our physical difficulties. But, occasionally we can get some good suggestions from others about how to improve our remedies. Then, we can run tests of their validity on ourselves.

Reaching-Out Can Improve Group Well Being

Our Reaching-Out has so many important reciprocal effects on our lives that we can scarcely enumerate all of them. The pleasant way that we direct our remedial acts of friendship can produce great positive physical responses from others. As we become

more effective in working on group problems around us, our fellow human beings become more active in helping us. When we treat others better and they treat us better, our community becomes an exciting place to enrich our living. Our group physical achievements can reach new high rates of progress.

Progress in improving human health took a big step upward, when scientific studies discovered that many diseases are caused by bacteria that are transferred from person to person. Health problems were lessened considerably through world-wide efforts to limit the presence of these germs by washing people and clothing. Then, by applying the remarkable process of immunization to all people, we have almost eliminated many of these bacterial hazards. Still, our Reaching-Out must be continued to keep such diseases under better control. We can expect that some species of bacteria will cause us trouble in the future, if we abandon our skill at preventing their attacks. At the same time, we must preserve the large number of useful bacteria that play an essential role in recycling materials in our complicated multi life processes.

Studies disclose that we have many diseases that are caused by the action of viruses on different parts of our bodies. These complicated chemical structures reproduce themselves in cells of human beings and may be highly irritating or even lethal. Recent recognition of Aids as a deadly virus has accelerated concerns about the need to carefully control such infectious diseases. Virus problems have called for considerable cooperation before human health has made much progress. Our various preventive measures, which build-up effective anti-bodies, have originated

largely from action of many concerned people. Overcoming the dangers of viruses may continue to show progress, when large groups of experimenters exert combined efforts to build-up better preventive measures. Still, our need is enormous for more research to develop ways to stop harmful viruses and to spread the application of useful ones.

We learn quickly that protection from certain health difficulties and maintenance of adequate food supply depend on the control of various insects. Most of these measures require the use of insecticides, which are effective in eliminating dangerous bugs. Hopefully, they will not eradicate useful organisms and will not harm human beings. Much of this development of safe and useful chemicals to control insects requires much cooperation. A large proportion of these chemicals gets into our soil and may gradually sink into our ground water. Then, too much of the insecticides gets on food and must be washed off before these products are consumed. Thus, our cooperative action must do a better job of restraining pests without becoming hazardous to our health.

Some of our bodies have taken to growing malignant tumors, which develop some of our most deadly ailments. Through Reaching-Out efforts we have discovered materials that promote the growth of these cancers. We call chemicals that give rise to such growths carcinogens. Fortunately, our studies reveal means for removing many cancers, so some afflicted human beings can get years added to their lives. Now, our efforts need to be expanded, to make our results more successful in preventing and removing these

ailments. Friendly relationships may be essential to spread the importance of cancer control.

We have been rather inactive in protecting ourselves from toxic or irritating wastes that we dump or discharge into our water and air. But, cooperation is making us more aware of the seriousness and size of these problems. So, we are making some improvements. The vast numbers of materials that are dumped on ground, rivers, lakes and oceans require considerable study. Not all discharged chemicals are hazzardous. But, world-wide restrictions on dumping mercury, DDT, oils and radioactive wastes indicate that toxic waters have become a world problem. In particular, safe deposition of radioactive wastes may frustrate us for a long time. More obviously our air is contaminated with materials in discharges from industrial processes, in exhaust gases from transportation vehicles and in releases from live plants. We have been polluting our air for a long time, without instituting adequate preventive measures. But now our special concerns over acid rain, lead dust and chemical materials that influence earth's temperature have made us more involved. Still, we must have our Reaching-Out efforts continue to free our air from any hazzardous substances.

Improving Human Relationships Help Us Survive Crises

As we take part in expanding friendships, physical violence tends to disappear around our world. When we are mistreated, we learn not to retaliate with physical force as a means for expressing our indignation. Negotiations turn out to be much more useful in promoting peace. With such restraints in action

we seldom receive violence from others, because communication of good will is our best protection from aggression. If we are attacked, our turning-the-other-cheek usually results in much less human injury. We have the responsibility to resolve difficulties, which might lead to the exhibition of brute force, quite peacefully.

One of our most important ways to prevent accidents is to watch carefully how our actions can increase the security of all people. We might not be responsible for situations that would cause severe mishaps. But, where we exercise special care in Reaching-Out, and prevent an accident from happening, we reap a substantial reward. Much of the time we save our own selves from injury. But, even when we are only preserving the well-being of others, our physical selves benefit considerably. We gain strong indirect advantages from making ourselves accountable for preventing as many accidental disasters as possible.

Because widely involved calamities are beyond our control, most of these dangers can best be dealt-with by group involvement. Still, such troubles demand our special help while giving us valuable physical returns. We must reach-out far enough to get prepared for earthquakes, hurricanes, floods, mudslides and world hunger. Our benefits from helping people to survive these calamities can be enormous. Any building better cooperation between communities brings-in extra physical compensation for everyone.

CHAPTER X

OUR MENTALITY GROWS STRONGER

(How Does Friendliness With Others Help Us Know More, Understand Better And Think More Clearly About Our Problems?)

We all have minds that control much of what we do with our lives. Now, research evidence suggests that these minds are capable of remarkable growth and development, when we give them increasing stimulation and practice. Fortunately, our widening human contacts can furnish us with much of this activation through the meeting of minds while Reaching-Out. We may never be able to discover the full possibilities for improving the functioning of our brains, but we must keep trying. Naturally, some of our learning activities occur under conditions in which we have instruction from experts. Still, the responsibility is ours for trying to make our brains keep working better. The support and reinforcement we get from others insures more rapid mental growth for most of us.

Our Knowledge Of All People Increases Through Better Contacts

While we are expanding our relationships with people, we discover that we need to acquire more information about ourselves. Our expanding knowledge must include better facts about what we are doing in our community and our world. What we discover about ourselves is only significant on a relative basis. So, we must get better acquainted with ourselves, when we get better acquainted with others. As we become involved more in our communities, our

compulsion grows to find-out how we fit in with what is going-on around us. Then, a large amount of enlightenment penetrates our minds during our efforts to learn how we can help to keep our societies together. This concern about societies teaches us much knowledge about human relationships, economics and politics. We must realize that the world is getting effectively smaller and we are getting closer to all people. Then, our efforts to learn more laws of the Universe grow stronger. So, our minds demand that we learn a significant amount of scientific information. We develop a deep desire to live as knowledgeable persons in a Universe of reality.

We discover more significant facts about human beings in general, as we widen our contacts. This learning process is difficult, because we are all different to a remarkable degree. Such differences frequently require considerable study, before we know what the distinctions are. Most people are engrossed in their ideologies, prejudices or superstitions. So, we need to get closer to our fellow human beings, before our knowledge of them helps us get started improving relationships. But, information about others may remain hidden until our two-way relationships develop enough friendliness to penetrate most barriers. With our minds open, we are often surprised to find that our fellow earth-dwellers are quite human like ourselves.

During our Reaching-Out process, we are strongly motivated to carry-out research to improve our knowledge of people. Our main studying job is to uncover what is more nearly the truth about

the world in which we live now, but which is constantly changing. Most progressive actions call for better background information that is unearthed through our expanding investigations. Our research requires reading in literature that makes us acquainted with the history of what led-up to what is going-on in the world now. Then, we must concentrate our research on problems of highest priority, while not overlooking any study that would keep our minds growing with more accurate facts. In many researches, our attempts to make better contacts with people become highly complicated operations that are quite exciting.

We Acquire Improved Understanding Of Human Beings

While Reaching-Out, we can obtain greater skill at grasping the fundamental meaning of human relationships. Our expanding contacts help us comprehend some of the things that are happening in our world. Actually, our understanding of occurrences in our communities may be on a relatively inaccurate basis. Correctness of our intellectual realizations can always be improved. Our training our minds to acquire more adequate insight into the behavior of people is a very perplexing job. Then, we have considerable difficulty getting a reasonable comprehension of why things happen in our daily lives. So, we really need our best efforts at getting close to many different kinds of fellow human beings to build-up the understanding part of our minds.

As we attempt to get better acquainted with groups of people, we must try to learn more useful principles of united human action. This preparation for a more effective united

approach to progressive action may include studies of what makes various organizations act the way they do. Through such studies, we may discover why associations behave so diversely. At least, our brains learn to make us enquire deeper into means for comprehensive communication with others. This better understanding trains us to talk pleasantly, listen attentively, observe carefully and analyze justly. Then, we can act fairly and cooperatively.

Our understanding studies put us on the track of discovering probable causes and solutions of many human problems. Our concerns about causes and cures are strong stimuli to get us started clearing-up mysteries by exercising better judgement. Then, as our minds assume the responsibility for us to do something about various difficulties, we can always use better reasons about human dilemmas. Our involvement in the remedial efforts keeps us steadily searching for understanding, so we can help make our societies take the next step upward.

We find it essential to learn what makes various societies achieve progress toward reasonable goals faster. This investigation of reasons for social change keeps our minds on politics and economics, because we realize that these advancements occur in steps along with some motion backward. Then, our understanding must determine the relative strength of cooperation and competition in making needed improvements in human relationships. So, we have obligations to discover effective means for supporting efforts that might lead to a better world for all people to live in.

We Learn To Think More Clearly About Human Conditions

As we get more integrated into our world through better human contacts, our thoughts are usually more logical. This closer harmony generates mental processes that regularly lead us to better thinking. Also, our minds assume more responsibility for determining if our speculations reach relatively valid conclusions. Then, our mental activity becomes more vigorous. So, one of the most important causes of our thinking more clearly is that our minds get more practice doing better reasoning. Practice may not make our thoughts perfect, but it offers a strong chance of making them better.

Fortunately our Reaching-Out gives us plain ideas about what to do when we are confronted with problems. When these undesirable conditions arise, we assemble information and understanding openly to disclose remedies. Then, we figure-out clearly how to apply our remedial ideas to obtain some improvement in our situation. Our thoughts must develop plans for putting these remedial procedures into a program that will test our elementary impressions. The program must order our possible corrective measures according to priority numbers, where the remedies are arranged according to probable superiority. After our attempts to make our circumstances better get under-way, we must keep our minds on the action. We must decide what the initial results are and what needs to be done next. Our widening contacts offer tremendous challenges to our thinking minds. Logic seems to flourish, when we are successful in integrating our world better.

Our Creativity In The Human Arena Is Greatly Stimulated

When we reach-out with more activity, we tend to expand our originating skills. At least, new original ideas for helping people are more apt to arise while we are thinking about problems of our larger world. Also, our creativity is more certain to be useful, if we understand the situations that we are confronting. Expanding mental skills help us originate more and better ways for us to relieve human difficulties. But, our mental activity must create in us a beautiful vision of the future, before we can direct our inventiveness toward making good progress.

Our motivation for creativity seems to increase greatly as our interests in people expand. When our minds are busy working on human problems, the intensity of our desire for new ideas increases. We may wake-up in the middle of the night with innovative proposals, if we have spent a reasonable time thinking about difficulties during the day. Our planning for means to reach desirable goals and our perseverance in the pursuit of progress can stimulate many inventions. Imaginations must occupy most of our brains, if we work harder on how to make people's lives better. When we acquire more experience in friendly associations, creative mental activity may take-over our plans for the ~~the~~ future.

CHAPTER XI

QUALITY AND STRENGTH OF OUR EMOTIONS IMPROVE

(In What Way Does Our Association With Others Make Our Emotional Lives More Beautiful And More Devoted To People?)

On various occasions, many of us display emotions that could stand considerable enrichment. Then, we discover that our emotions have relative values and they can always be improved by closer friendly associations with more people. Actually, we may learn to reach-out far enough to transform our relatively ugly feelings into ones that are quite beautiful. With this effort our sensations may become increasingly compassionate. So, we can observe some remarkable effects of our expanding friendships, by refining how we feel under most of these circumstances. Then, our relationships will grow with better reciprocal harmony and warmer fellow feelings.

Reaching-Out Moves Us Toward More Positive Feelings In General

When we expand our friendships, we develop various schemes for making our sensations toward others much better. One of our important methods of self enrichment is the prevention of poor emotions through practicing realistic expectations. Also, we can usually divert our bad feelings from individuals, who do things that we do not like, over to their unpleasant acts. Then, with enough practice we can frequently reach-out further and overcome negative situations with positive feelings that look for better solutions. Our increased understanding of what is going-on is an enormous help in guiding our emotional transformation to a more pleasant state.

We have a large number of emotional paths along which we can display either increasing positive or increasing negative feelings. Fortunately, the degree to which we reach-out determines how fast we move in positive directions. Warm effects of our expanding affections can be so powerful that they drive us rapidly in the positive direction along every emotional path. More friendly acquaintance with more people has a remarkable effect of enriching our emotional lives. Our greater practice helping people moves us quite broadly in the direction of more warmth in our feelings.

Our Feelings Move From Dullness Toward Enthusiasm

Our friendly communication with others drives us up the eagerness path toward enthusiasm for helping people. While Reaching-Out we are not going to let any situation send us down into the sad state of depression. We do not even let our emotions sink to levels of indifference or dejection. The powerful force of Reaching-Out lifts us up out of the doldrums of apathy in the direction of fervor over progress. We must feel concerned about the problems of others and must develop caring about how they handle their solutions. With enough of this stimulation, we may get emotionally involved in helping people as our friends. While we move up the path toward enthusiasm and continue our involvement, we build considerable spiritual vigor in ourselves.

We always have a lot to learn to make our feelings show more eagerness to accomplish improvements. As our feelings make advances, we discover that, when we take more people into our lives as friends, our enthusiasm naturally displays greater strength.

In particular, with greater optimism we become more daring. Then, as most actions to relieve difficulties involve risk, our lives frequently become fascinating adventures in the realm of enrichment,

Our inspirational feelings are not discouraged by any poor response. Other people frequently show considerable fervor in activities that are totally self-serving or simply entertaining. But, evidence at present indicates that this ardor does not take these people far up the path toward the spirit of excitement that we acquire by Reaching-Out. When we are taking some of the steps upward toward our most beautiful feelings, we must develop closer relationships with all kinds of people. Our increasing enjoyment comes from doing friendly things to keep all life moving along toward greater enthusiasm. We must focus our dedication on the critical issues of our time, if we want to make progress toward our most inspiring zeal.

Our Lives Progress Toward Giving Others More Recognition

One of the best ways of making contacts with others is to show special regard for their accomplishments. When we get started in the wrong direction along this recognition route, our own feelings can suffer degeneration. Our emotional damage can become serious, if we do not even notice these people. But, the favorable responses to our recognition may be remarkable, if we show appreciation of people just as themselves. When we acknowledge their special talents, our feelings can receive even greater rewards.

We make maximum emotional progress by extending our recognition to a larger number of fellow human beings. Thus, our goal must be to give friendly notices of appreciation to all of the people in our world. Our wider admiration of members of the human species has a special effect of making us realize that we are all here together. Such wide spread recognition can go a long way toward building unity in the attitudes of our earth's population/

We Become More Polite Members Of Our Human Society

Our wider contacts with people teach us to give them more courteous treatment, which enriches our emotions. We soon get so we avoid any action that might seriously offend anyone to whom we make our approaches. If we keep improving our courteous feelings, we may reach a point where we accept all people as our friends. Naturally, differences of opinions will arise. But, our arguments become polite to the degree that we accept opposite views in a good humored way.

As we travel along the politeness path, we are able to arrive at progressive achievements, where we become increasingly cordial. All of our criticisms take the form of constructive questions. Eventually, we reach a level where our feelings of friendship become quite vigorous. Moderation in our acceptance of people is transformed into hearty welcome.

Our Attitudes Improve To Being More Trusting Of People

When we make friendly relationships with other people, we create compulsions in ourselves to look for ways in which we can trust them. We develop many kinds of doubts about personal ideas,

behaviors and goals. So, efforts to build our faith in some poor performers may be impossible. Still, we need to adopt means for correcting or overlooking many things that others do, think and feel. Then, our attitudes change so we can visualize the possibilities that are inherent in all of us. With these improving emotions, we may not be able to rely on the unreliable. Still, we must search for opportunities to create situations in which our confidence can be strengthened. Our faith in people who justify our trust in them becomes a powerful force in our lives.

While we are expanding our faith in more people, we acquire increasing expectations from their emotional achievements. Our special confidence goes beyond the belief that our human species will survive indefinitely. In fact, we feel certain that our ~~human~~'s civilized inhabitants will learn to get along together better and better. The reliable principles for establishing friendly interrelationships are regarded as laws of the Universe. Our optimism makes us think that this is the best possible world. We never give-up good works, because our involvement in helping people become more cooperative is part of cosmic reality.

Our Warmer Emotions Move Us Toward Increasing Generosity

When we build wider friendly associations, we discover that the good opinions we have of ourselves are related to the benefits we give to others. We must look after our own welfare to the degree that our health and mental condition are kept improving. Still, we must stop being wrapped-up in ourselves and must start feeling that those other people are our friends.

Then, we begin to be more sharing of our resources and soon can become quite generous.

Our strategic generosity becomes a positive devotion that requires highly skillful maneuvers. We must be quite unselfish with most of those who are quite dependent on our help. But, our munificence must be given some restraint, when our help might make the needy unnecessarily dependent on our benevolence. We show the maximum altruism, as we make our generosity help others learn to help themselves. Our unselfish emotions call for enrichment, so we can proceed upward away from selfish degeneration.

We Become More Courageous

Through friendly associations, we naturally restrict our apprehensions and amplify our bravery. All of us know that life can be hazardous, particularly if we do not obey personal safety and good health rules. So, those of us who are Reaching-Out must exercise the greatest care in avoiding dangers. At the same time, we must display substantial courage when dealing with aggressive people. All of our positive emotions must be brought into play, so we can get along with those who threaten us.

While magnifying our understanding of dangerous people, we have less anxieties as to what damage they might do to us. While we send-out messages of consideration, hope and courage, our daring grows much stronger. On our voyage of discovery of more companions, we must abandon our fears, because they set-up bulwarks

that tend to separate us from others. Our bravery is accompanied by feelings that we are all together as a unit in a world that is getting more friendly. During our journey toward a more cooperative world society, we are almost certain to become increasingly bold and daring.

Our Anger Is Largely Placed Under Control

While Reaching-Out, we develop effective methods of retaining good will, even when we have temporary strong negative feelings. We learn to direct our anger toward offensive acts or situations that have been caused by others rather than toward the offensive people. Then, our indignation is generally restrained because of our lack of undue expectations of pleasant acts. So, we may be open readily to conciliating any negative feelings of annoyance. We are easily activated to help correct all unfortunate human conditions that irritate us.

As we gain more experience with unpleasant situations, our emotions of anger may largely be replaced by amusement. Such replacement of resentment with merriment is not terribly difficult, when we train our sensations effectively. With emotional refinement we may be able to avoid letting our negative feelings get aroused strongly. Many unfortunate situations can be regarded as inevitable under poor circumstances and may motivate us to help provide preventive measures that are jovial.

We have various emotional tools that are quite useful in opening us to reconciliation with those who might make us angry. As an illustration, when we are in any way involved in the situations that become offensive to us, we apologize for our involvement before any anger develops. Then, we must quickly forgive those who are responsible for our disappointments or sufferings. This amnesty helps us repress expressions of wrath that might increase our resentment. Anger needs careful direction.

We Move Our Feelings Forward Along The Path Of Love

Compassion For people is an extraordinarily important basic emotion in our Reaching-Out. We may need to Warm-up our love of more human beings, before we can make new contacts that give us our ecstasy. We may have difficulty discovering the extent of the influence that love has on human lives. But, those of us who are concerned discover that we dare not go one step in the direction of hatred, when we are on the road to more compassion.

Quite early in life, we learn that love is the principal driving force behind most acts of helping people. As individuals, we may have considerable resistance to giving assistance to those in need, unless we feel a warm attachment to them. When we build deep affection, these feelings impell us strongly to give the needy our hearty support. Then, before our social group becomes activated to do more effective cooperation, most of the members must experience that ~~that~~ driving force of warm compassion.

Even our governments require the pressure of loving citizens, before these authorities provide many important social services. By using love consistently and testing its emotional strength, we become acquainted with it as one of the powerful forces in our Universe. We can be overwhelmed by discovering the extent of its usefulness in the lives of people.

While our love drives us to friendly contacts with others, it provides us with substantial rewards in return. We may not have any other positive emotion that has such a strong two-way path in human relationships. Compassion between two people seems to warm-up in both directions at a great rate. We frequently find-out that, with our returns, we receive more love than we give-out. When the atmosphere of our communities begins to display more of our warm feelings, we ourselves get quite an emotional bonus. This special reward is reflected when we are successful in obtaining important social services. Particularly, our ecstatic experiences expand as we help make our compassion show progress toward world peace. Beautiful exchange of warm feelings with those who need friendliness is what makes our lives highly inspirational.

CHAPTER XII

GREATER AWARENESS MAKES US MORE SENSITIVE TO HUMAN NEEDS

(How Can We Abandon Some Of Our Indulgences And Focus More On Human Requirements For Progress?)

As we become more involved in problem-solving, we devote appreciable efforts in planning our helpful activities. This requirement calls for arranging our involvement according to our awareness of their urgency. The most important human needs receive our first attention and support. Difficulties that are less severe are placed in order of decreasing importance and are subject to our remedial action in this order. After this strategic planning, we transmit beautiful emotions to people we want to help according to our priority numbers. So, our big jobs are identifying problems, determining their relative seriousness and approaching them experimentally.

We Are Effective In Detecting The Presence Of Problems

As we get closer to people, who are in need of help, our position makes us more capable of observing what kind of assistance is necessary. Such direct knowledge and fair understanding enhances the chance for our getting unfortunate information that we comprehend accurately. Intimate observations are useful in building our true awareness of problems. We can believe with little reservation what we clearly encounter visually.

Friendly exploring communications are possible by several different means. So, our Reaching-Out oral exchanges probe in various ways for special human needs. When these messages are

understood, they may be quite useful in disclosing the nature of human problems relatively clearly. We can hope that conversation between two parties will be able to use the same language. But, when words are not available for transmission of information, we can use motion or variable sounds to make us sensitive to human difficulties. All kinds of friendly discussions with people may enable us to detect situations that call for remedies.

Well exercised sensitivity to the needs of others is essential for us to recognize undesirable human conditions. Many human problems are quite difficult for us to identify unless we are experienced and well trained in awareness. This awareness of difficulties is important for us to build greater sensitivity. Then, our sensitivity becomes a measure of the urgency for us to satisfy more human needs.

We Become Aware Of The Relative Seriousness Of Problems

While Reaching-Out, we are faced with a multitude of human needs that require complex evaluations of their relative importance. Demands for help fall into many categories that can only be abbreviated. The call for assistance may come from one person or from many people. The difficulty may involve health, safety or any kind of belongings and property. The solution to the situation may only require money or may need considerable hard work. Then, the help may be needed instantaneously, over a short range or over a long range. Also, adequate relief may be supplied by an ordinary person, a professional, an interested group or a government agency. Fortunately, our experience making friendly human contacts

gives us some skill in judging the importance of various remedial actions and who should provide them. Very good understanding of the broad circumstances is essential for us to make the most useful decisions about helping people.

While we are evaluating difficulties of people, our close associations become quite useful in making us aware of the relative seriousness of their needs. We can make valuable priority decisions about our personal action by judging our responsibility to help, how prompt the help must be given and our ability to furnish the required assistance. Then, our awareness is certain to give important ratings to troubles involving safety, health and finances. Also, close contacts with people give us better understanding of the nature, the origin and the effect of difficulties, which makes us more aware of their seriousness. We acquire more experience with solutions of problems, which helps us arrive at useful conclusions about how important is immediate involvement. Our experience gives us better ability to determine what professionals could render the most highly skilled remedies.

Before we join problem solving groups we obtain information about their dedication to work on problems arranged according to our judgement of seriousness. We place the social difficulties that each group works-on in order, according to what a majority opinion thinks comes first. Then, after we join our selected organization, its group action is usually decided in agreement with our priorities for social change. So, we can help make this action become effective in providing large scale relief where it is needed the most. When we join an organization that really accomplishes these

improvements, we can receive great exhilaration.

Through our awareness, we are confronted with problems, which we want to be put in our order of importance, that require action by our local governments. By action of our groups, we bring political pressure on those in local authority to get something done for relief of these serious difficulties. Our Reaching-Out gives us ability to determine what troubles should be given attention the most promptly. So, we have the obligation to develop persuasive power that will help local governments put our greatest concerns first on their agenda. Making friendly contacts with officials is essential.

When our awareness expands, we realize that our societies face wide-spread critical conditions that demand remedies, which can only be furnished by state governments. Thus, we must determine what are the most important problems for our state administrations to work-on. Such evaluations call for our understanding wider difficulties and recognizing that our states have responsibilities for remedial efforts. Then, through effective political pressure, we must help our state officials apply effective remedies on our greatest concerns. This means that we must vote intelligently in every election for candidates who agree with us as to the relative importance of the issues.

Definitely we must decide the relative seriousness of difficulties that require action by our federal government. Apparently, our unsatisfactory conditions that effect the whole nation adversely are expanding. Thus, while we are Reaching-Out, we determine what

these problems are and try to obtain enough understanding of them, so we can judge their relative importance. Some of these afflictions are economic, others are related to freedoms and many are involved in foreign relations. What makes our involvement quite exciting is the reality that our national accountability is very complicated. Our exerting effective political pressure is perplexing because most of the essential remedial processes originate in Washington. So, one of our big jobs is to elect Congressmen and Presidents who will make the decisions in our national capital that we want made. Quite naturally, our pressure must employ lobbying groups who can emphasize our concerns about the most serious national dilemmas. So, an other big job is our selecting effective lobbying groups who will work for our greatest concerns.

As we reach-out further and further, we study our world's critical situations and arrange them in order of importance. Then, our responsibility is to help develop programs that would accomplish some improvements in our most serious international troubles, such as warfare, faulty human rights and ~~terrorists~~ ^{terrorists}. This type of remedial action demands quite a complicated foreign policy operation. Reliable information about what is going-on around the world is difficult to obtain. Then, all of this knowledge must be considered in the light of multiple ideologies, variable social growth and the enormous number of different cultures in the world today. One of our important objectives must be to make our global authority relatively representative of all people in the world. Such organizational improvement calls for considerable reform in the United Nations structure, which is not exactly representative

of the world population. After we help develop a world government with adequate power, we must exert our influence to make this authority work strongly on the most serious world problems. Such action must include the development of better international relationships and quite stable world peace.

We Make Our Approaches To Difficulties Experimental

We approach every human difficulty with remedial action that has an experimental aspect. At first we want to understand correctly what is unsatisfactory about the situation. Next, our approach tries hard to discover what caused the trouble. After our studies of solutions, we decide that a certain corrective measure should make an improvement. Then, we put this possible remedy into action. Still, Our approach follows the results closely to determine if the situation gets any better. When the outcome of the experiment is not as satisfactory as we had predicted, we go through the steps of the scientific approach again and try an other remedy. When the problems are close to us, we can go through the experimental steps numerous times. But, when the problems are far-reaching, we may need to struggle hard to obtain more than one attempt to relieve these difficulties.

While experimenting in ^{one} special area close to us, our work on human health problems must be focused on improving the physical well-being of everyone. All people need more understanding about the many afflictions from which we all suffer. By carrying-out various pilot tests on ourselves, we can contribute help in learning how human bodies work. All of us can also become more

sensitive to human needs. We can help plan health remedies with greater care and can plan experimental procedures to many other remedial actions.

Some of our experimental attempts to make remedial efforts will fail to establish successful results. Even so, we are not discouraged by such failures. Our optimism is built largely on the principle that we can usually learn more about the process of Reaching-Out from failures of our remedies than successes. Every ineffective approach to people gives us the opportunity to gain more knowledge about the origin of their problems. Continued observations may tell us better ways to lessen our concerns. Then we may be more persistent when we feel the challenge of trying actions that give better and better relief.

Experience with reality makes us expect that many of our friendly associations will be fairly successful in relieving difficulties experimentally. Thus, we spread our knowledge, understanding and action to work on many human problems. Our success with solving problems in general makes our personalities send better messages of caring and sharing, because we comprehend more things that require relief. Our efforts on human problems aim at developing better wide-spread human judgements. We even feel the responsibility to use our special abilities to activate our group. Then, many more people can learn to improve their skills at making remedial decisions experimentally.

CHAPTER XIIIWE GET BETTER ACQUAINTED WITH WHO WE ARE

(How Could We Learn More About Our Possible Role In The World Than By Becoming More Active In Building Human Friendliness?)

Without Reaching-Out, we have considerable difficulty understanding what we are doing here on earth. Unless we adopt this warm cooperation, we may not be able to grasp what enormous possibilities are achievable. But, when we spread-out our friendly contacts to include an increasing number of human beings, our possible role in the world of troubles expands. Further, we become more aware of the great personal satisfactions that are available from our friendly efforts. Our unlimited enjoyment is assured, if we keep getting better acquainted with the cooperative achievements that are within our reach.

We Get More Familiar With Ourselves While Helping Others

Observations reveal that our learning to make friendly contacts has considerable influence in improving our personalities, both in the view of others and ourselves. Usually, our sensitivity to problems needs the stimulation of helping others in order to make this friendliness grow. Then, we naturally adjust our remedial actions to make ~~make~~ a better impression on others and ourselves. So, we are nearly always happy and display our happiness with increasing skill. As our personalities become more appealing, we are the ones who reap the greatest rewards.

While we are Reaching-Out, we learn increasing knowledge

of what our physical skills can accomplish. We keep on learning how to do things helpfully by doing more of them and the physical work that we do for others can become an enormous training activity. Then, confidence in our skills to carry-out remedial action with material objects increases our respect for ourselves.

Our mental abilities become clearer to us, as we make our brains function up to peak in working on problems. What we know and understand about solutions can help us get acquainted with ourselves quite well. Also, how we use this self comprehension in our daily thinking can give us additional familiarity with who we are. When we become more active in thinking about providing help for others, we are on an important avenue for discovering ourselves better.

As we improve our human relationships, we discover how warm our feelings have become. Our experience caring and sharing gives us considerable recognition of our own delightful emotional lives. We need the feelings of those people that we contact out-there before we develop appreciable compassion. As we spread-out our love to many others, we usually receive more love in return. Then, sadness can be overcome in a relatively short time with the happiness that we work hard to maintain while facing all kinds of problems. We can learn a lot about ourselves from our beautiful emotional sensations.

We Become More Progressive Members Of Society

Our Reaching-Out teaches us how much courage we have to take risks. We recognize special dangers and are extra careful with these serious hazardous. Hopefully, we can prevent some of these

grave perils from doing damage. Then, many other ~~other~~ essential efforts on problems demand our bravery to get us involved in the remedies. Fortunately, our spirits give us the power to venture on to many risky courses that may lead to progress. Our lives are largely free from fear. So, most calls for help get our remedial responses as real adventures.

We have learned that our friendly communications require close adherence to facts, unless we are joking. Still, an astonishing number of statements that we are exposed-to in our society are lies. Some other messages that come our way are designed to deceive. Thus, our truthfulness may have difficulty presenting the reality of many situations. To avoid trouble with making inaccurate statements, We can precede many of our assertions with the remark "in my opinion". The accuracy of our talk can tell us a lot about who we are. Even our humorous remarks may be improved by keeping them close to the truth.

Among our social obligations is the requirement to be quite just. Fairness and honesty are essential duties in our friendly activities. We obey all laws that guide us in being legal and we try to stay out of courts. Our practices make every effort to avoid corruption. So, we have many judgements that demand our best decisions about what is fair and honest. We get real close to ourselves by making wise evaluation of our integrity and being quite just in our treatment of other people.

While developing our friendly relationships, we gain much of the special power in forgiveness. Our expectations are low enough that we have minimum resentments over any poor reactions to our

approaches. Also, we realize that we must pardon those who mistreat us before valuable connections are open to reconciliation. Definitely, we must refrain from violence, even if we receive violence. Actually, our efforts to reach more people may face the problem of eliminating quarrels. At least, we must be prompt in apologizing for our own unsatisfactory actions or misstatements.

Occasionally, our remedial actions require that we assume a greater measure of responsibility. As an example, we must be as trustworthy as possible when we are helping those in serious trouble. Such accountability demands that we volunteer for helpful jobs and then measure-up to the trust by continuing the help until the work is close to completion. Our willingness to show persistence in helpful acts gives us its Special reward.

Our lives are focused strongly on working together with pleasant people. One great goal of Reaching-Out is cooperation. Naturally, we indulge in a certain amount of competition to measure our skills and to obtain economic advancement. Still, joint operation in working on important problems is an essential objective for our remedial action. When we have an increasing number of friendly people working together, we can have a growing cooperative society, which will be a great place to live.

CHAPTER XIV

WE ADOPT CONTACTING PROCEDURES THAT ARE STRATEGIC

(How Can Careful Manuvering Make Our Reaching-Out More Effective?)

As we expand our friendly contacts, we frequently encounter situations that demand more effective action. Fortunately, our experience helps us adopt various schemes that makes Reaching-Out work better. Our big problem may be to recognize which ideas should be selected to improve our less than desirable impressions. Possibly we should try many different strategic approaches that might apply to difficult relationships. Our remedial skills may increase greatly as we become more familiar with various improving procedures.

Selecting The Time For Reaching-Out Becomes An Important Skill

Although many friendly contacts are spontaneous, a substantial number of successes require strategic time arrangements. Our skill may need to break-down temporary barriers by selecting the best time for making our approach. Part of these selecting maneuvers are our responsibility in order to build-up primary knowledge of the situation. We might well discover when the receiver of our out-reach will respond most favorably.

Our attempt to make a friendly contact may suggest that we need more information about ourselves and the time when we are most attractive. Attractiveness is a variable part of our personalities. So, we may achieve improved responses, if we select the time of approach when our appearance breaks-down barriers more easily.

We need to recognize the variations in the force of our Reaching-Out power during different periods of our personal associations.

We some-times make better helpful approaches by waiting until the receiver is quite open to friendly contacts. During this time adjustment, we might well learn more about background and culture of those that we are approaching. In this search, our efforts should try to discover ideas and opinions that we have in common with those receiving our out-reach. Then, any discussions should make good use of time and avoid long arguments.

We Work Hard To Increase Pleasure In Reaching-Out

Our strategic efforts to make our contacts more pleasurable can create special rewards. One of the out-standing ways to increase the total enjoyment of our relationships is to help those who are in critical difficulties. Our injured, handicapped or ill have special needs that give us opportunities to expand all satisfactions. But, we should be careful to do only a minimum of the work that the people who receive the help might do for themselves. Then, our joy from helping those in trouble can be enriched, if we build more delight into our remedial acts. We do not help people as a rule of conduct, but because we get expanding pleasure from being more friendly and making others more joyful.

One rewarding effort that we can put into our relationships is the oral transmission of comfort. We can express our strong hope that those in trouble will get rapid relief. When we are working on consolling others, we can exchange information about how many

people have difficulties similar to their troubles that are demanding relief. Our observing the friendly response showing optimism gives us increased pleasure.

We can always attempt to inject some amusement into our contacts to make everyone more happy. Our joyous laughter has become a great means for making our friendly relations warmer. Everyone is involved in the pleasure, because we do not make ourselves happy at the expense of making others sad. Usually our best results come from clean jokes and funny unexpected actions that make others laugh. But, the possibilities for creating merriment in friendly relationships are vast.

Special processes for injecting pleasures into our friendly contacts are to include nice gifts. Here, we must try to give something that is quite attractive to each recipient. The more our gifts are appreciated the more happiness we receive in return. At least, we do not want to give things that are detested.

We Spread Our Goals That Are Focused On Progress

As we expand contacts, our most important objective may turn-out to be the goal of making everyone learn to understand people better. The sequel of this goal is the objective of making it possible for all of us to understand the Universe better. Our spreading comprehension of what is going-on all around us is a tremendous contribution to our ecstasy. We can always be more friendly with more people by learning more and helping others learn more.

Our social incentives to keep all people on relatively equal roads of progress are powerful forces in Reaching-Out. We make strong use of the beautiful human rights doctrine. We admit that all people are different physically, mentally and emotionally. But, our struggle must maintain that valuable actions in improving our lives are rights that should become more and more equal. This convergent equal rate of improvement in our lives defines our doctrine that we should spread widely with our contacts. Hard work for expansion of human rights helps create more liberty and justice. So, our striving promotes democracies that achieve substantial amount of liberty and justice, while they are monuments to progress in equal opportunities and fairness for all people.

Additional goals that give our friendly contacts greater strength involve our attempting to build greater unity among people. We receive some satisfactions by just associating with more friendly people. But, our pleasure expands when we develop more effective links between people that create special interplay. We need an expanding spirit of cooperation before we can realize the possible strength of togetherness. Many different projects in our communities are carried-out by joint operating groups. Thus, we as individuals as well as our societies are benefited by our promoting all kinds of cooperation. By encouraging large scale team-work, our friendly contacts can move us along a road to a world in wonderful harmony.

As a highly useful strategy, we direct special efforts toward making our friendly contacts increasingly peaceful. These special goals may include those we help largely getting rid of discords. At least, we can try to relieve any stresses that might accompany our associations. Also, our objectives must call for lessening of fears, which separate many people. Then, we can attempt to eliminate hatred and decrease the amount of anger that might be aroused by attempted contacts. As an end result, we may be able to greatly decrease the amount of violence in our society.

PART IIIREACHING-OUT BUILDS PROGRESSIVE OUTLOOKS FOR FAMILIESCHAPTER XVCOUPLES GET BETTER ACQUAINTED BEFORE MARRIAGE

(What Process Could Start More Unifying Relationships Among Couples Than Reaching-Out, Which Might Lead To Better Marriages?)

Reaching-Out between couples makes them certain to give their marriages better chances for more beautiful family lives. No one would overlook the value of mutual sexual attraction for each couple that is seriously getting acquainted. But, this affinity can develop after members of opposite sexes become more friendly and share the power of a beautiful relationship. Sex is a natural phenomenon that has its own experimental operations, hopefully after marriage. But, better friendship and well understood love may help in all kinds of family activities.

We realize that some couples, contemplating marriage, can sense an attracting power, when their personalities interlock quite well. But, Reaching-Out with its closeness furnishes couples with considerably more mutual knowledge and understanding in many areas. This better understanding can be a great help in uniting family life after marriage. So, couples should give mutual contacting skills careful application before the uniting ceremony.

Some couples have built pleasant family relationships with a measure of love, even though they scarcely saw each other before marriage. Still, our great need to better the character of a vast

majority of human families suggests that beautiful premarriage associations with wide communications can help us enrich societies. Possibly, our best families could be improved by the injection of warmer emotions and closer mutual feelings during engagements.

Couples Discover That Their Beliefs And Ideologies Are Comparable

If the two of us who contemplate marriage do a good mutual job of Reaching-Out, we can find-out if we have similar dedications. Hopefully, each of us would be highly devoted to involvement, problem-solving and making human life on earth more peaceful. In this situation, we can easily build more togetherness before marriage with our unified action. Thus, our big job is to learn more about each other and to translate this into understanding of mutual beliefs in what human beings urgently need. Then, we proceed to give each other increasing recognition.

With their matrimonial urge, a well understanding couple displays joint discipline that creates improving cooperation. Confidence in group action stimulates wide-spread involvement in working together on important social issues. This cooperation gives them stronger beliefs that demand participation in discussions and collaboration in team work. Their actions together on ideologies as a couple build an increasing amount of harmony and confidence in each other before marriage.

Two of us who have Reaching-Out contacts and are exploring the possibility of marriage should discover that the ways in which we regard human difficulties are similar. We should have relatively common goals and both aims should fit progressively into society.

Also, neither of us should have anything in our thinking or feeling that might separate us from others with different ideologies. We should both be quite able to get fairly close to all kinds of people, which would make us more unified as a couple.

Close Contacts Can Disclose Similar Value Systems For Couples

When we are a Reaching-Out couple that is considering matrimony and has mutual experiences ^{with} friendly relationships, we agree on values in most human issues. This concurrence is particularly well evolved on personal questions. We can agree quite well on what is good and what is unsatisfactory individual performance. On social issues, our mutual contacts through groups give us common goals in what needs to be improved in our society. Methods for making social progress may even coincide. Such harmony of approaches to enrichment of human life usually makes us adopt the same political action. We tend to vote in identical ways during balloting opportunities.

Our two opinions on a variety of controversial subjects may not be identical, but are enjoyable and seldom divisive. We argue about questions in a friendly fashion and are inspired to acquire more information and understanding about all issues. Also, our common value system keeps us from criticising other persons in a hostile manner, while we disapprove of their ideas. We regard all human ideas as being open to improvement. Thus, we can be eager to make our own diverse mental opinions more in agreement with each other.

Mutual concessions are explored prior to marriage in order to determine how easily we make adjustments in our activities, so increasing cooperation can be anticipated. We may not want to do all of the same things and still be able to agree on what to do together. Our value systems, which are based on pleasant relationships teach us to compromise on many decisions about work and entertainment. With experience in Reaching-Out, we can give and take more togetherness without developing unpleasantness.

As a close couple with common value systems, we become a developing economic unit before marriage. At least, we should agree as to the necessary coordination of work, income, expenditures and savings in a warm family. So, some couple financial planning should be practiced on an experimental basis. During premarital associations monetary contributions to the combined activities become somewhat evenly divided so future participation can be anticipated.

Our Close Mutual Contacts Reveal Negative Conditions

Before marriage a couple that practices Reaching-Out can assess levels of dissent that might interfere with their total cooperation. Each of us has a measure of self-interest. But, when one or both members of a couple have appreciable selfishness, the chances of success in their marriage are not very good. Excessive self-seeking for special recognition calls for some control in any family. In fact, joint accommodation is quite essential in a marriage and this skill needs to be discovered before the ceremony. Any progressive family unit requires an enormous amount of

cooperation. Thus, our early mutual contacts have a special responsibility to uncover any attitude that might weaken a couple's essential unity.

Couples seldom have identical regular customs in their life styles. But, negative habits that weaken marriage ties can usually be recognized by close association before marriage. Occasionally, these difficulties will respond to negotiations or professional counselling. But, the most serious habits call for tests to determine if they are under control. So, alcoholism, tobacco smoking, drug use, gambling and other negative customs may need the Reaching-Out experience to receive rational consideration. Addiction to any faulty practice by either member of a couple can spoil the chance for their unity.

While getting better acquainted before marriage, a couple has a chance to discover if one member is not trustworthy. All families need to have an increasing amount of correct information from members, so communication should be as truthful as possible. Therefore, a couple should search for accuracy in their premarital relationships and any dishonesty should be uncovered at an early date. Fraudulent words or deeds can destroy family unity rather completely. Thus, premarital relationship has an important function in disclosing any lack of integrity among couples.

Friendly contacts must explore for possible development of antagonisms in couple relationships. We have too much violence in our societies and considerable abuse in our families. Thus, our pre-marital couple must attempt to evaluate the amount ~~the amount~~

of hostility that might develop between them after marriage. Anger and frustration are frequent human emotional conditions. But, most of these annoying sensations can be overcome promptly and Reaching-Out is a valuable method of detecting the tendency and maintaining careful control.

A Better Acquainted Couple Can Learn Of Love's Stability

Before marriage, when a couple feels that strong two-way attraction, they find-out that their love can grow vigorously. While mutually Reaching-Out, the two will search for possible increases in warmth through getting closer. When unpleasant feelings are expressed, both learn to practice forgiveness to rebuild better compassion. Closer contacts give two people enormous training in reconciliation that can elevate all of their loving sensations.

One simple test of love's stability is to observe a couple's increasing desire to be together. Prior to marriage, when two loved ones need to separate temporarily for special reasons, their warm feelings tend to get stronger, if love is stable. As we get closer together in our loving associations, we want to get still closer even though separated. Absence gives us increasing desire to experience the presence of our loving companion.

Expressions of love grow stronger, even before the marriage ceremony. While Reaching-Out, looks, actions and words reveal to the person, who we want to be our loving partner, that friendship is progressing. We must keep making our outward appearance more pleasant. Our dealings together must become more courteous and

must show increasing tenderness. All mutual considerations develop expanding kindness in a loving couple. Members even learn to respect each other more persistently and more completely. This strong mutual compassion becomes an interchange of feelings that is displayed with increasing warmth.

CHAPTER XVI

COUPLES DEVELOP INCREASING UNITY AFTER MARRIAGE

(How Does Friendship And Cooperation Keep Expanding After The Marriage Ceremony Through Closer One-To-One Contacts?)

When a couple makes a beautiful choice for marriage by Reaching-Out, their relationship naturally gets still better after the ceremony. Living together builds many increasingly powerful ties until togetherness in a family becomes the major part of coexistence. Enjoyable sexual performance is an important part of the pleasure in a married couple's lives. But, increasingly warm actions and better personal activity agreements may be responsible for most improving unity after marriage.

New Families Become Entities With Harmony That Grows Stronger

While working collectively, a married couple must continue to get closer together in ways that stimulate greater strength in the union. Actually, every family needs increasing intimacy to build more vitality. Quite remarkably such growth in friendly connections has numerous factors that deserve consideration. We never know if our harmony is adequate, until we try many means for gaining greater vigor in our family compatibility.

Improving communication builds more powerful unifying force in any family. Both members can always make more friendly conversation carry more accurate messages that create better accord. We can even learn to do more talking together, which keeps relationships growing faster. More gentle physical caresses are

quite valuable and increasing number of embraces transmits greater warmth. As we continue to kiss our partner, we improve this means for friendly communication.

A real close family can improve the degree of equality that enables it to divide-up responsibilities more evenly. As caring gets stronger, sharing grows more active. The two family members do not simply work for more equality in materials possessed or work done. Instead, each struggles to contribute equal increasing advances to family progress. Improved participation of each becomes more just and better balanced according to skills.

Attention to each other increases as unity of a married couple grows. Mutual recognition of each others special abilities receives more expansion in these families. The two united members must get increasingly well acquainted with each other. When each one has better appreciation of the other's skills, harmony can grow quite well. Then, each solid social unit becomes a valuable ingredient in our society.

Couples Display Increasing Ability To Do Team Work

All of our couples face more problems after marriage. But, as both expand their Reaching-Out, the two people can get more remedial work done. If two of us carry-out family work together as a unit, we naturally gain skills in joint accomplishment. As we learn more about what to expect from each other, we can fit our actions together more effectively. When we work on still more family problems, we learn even better what each of us can do.

This increased knowledge helps us divide-up work more efficiently like we were a cooperating organization. Then, more planning and scheduling keeps expanding the team work.

Our real close family builds increasing confidence in each other, which enables them to solve their serious problems better. This joint operation creates more security in facing emergencies. When either family member suffers severe difficulties, both experience the sadness and grief that accompanies the crisis. Then, in case either person has some outstanding achievement, both feel the special stimulation and joy that results. This singleness of all problem reactions by our family unit adds greatly to their competence in getting important work done.

Our More United Families Show Fewer Tensions Or Confrontations

The forces, which hold our more united families in a more ecstatic state, prevent most antagonisms. Actually, arguments can be quite pleasant, because we accept differences in opinions and our views are seldom very divergent. Then, we can frequently learn new ideas and achieve better understanding of situations, when we participate in friendly discussions and do joint research. Family life becomes quite enveloped in compromises that expand pleasures.

In families with real coherence we keep our temper under careful control. Feelings like anger and resentment are directed at faulty incidents rather than involved member. All negative emotions that might lead to abuse are replaced by humor or forgiveness. We can always develop better feelings by covering displeasure with statements that are comical. In particular, we must pardon the

member that generates our resentments to keep our emotions improving. We eliminate aggression or violence as actions that are intollerable.

Family Love Gains Greater Strength

After we have a Reaching-Out marriage, our desire to satisfy each others needs grows stronger. Each of us develops an increasing longing to be a loving helpful partner in an improving union. As this special yearning gets more powerful, fondness reaches deeper into each family member. Then, love as a great emotional force becomes an increasing source of yearning for still greater unity.

Our devotion to love demands that both family members search for more lovable communication, so they can understand each other better. Messages that carry more friendly feelings, while being factual, warm-up both members. As we praise each other more, affection between two of us becomes clearer. Also, love gets stronger between any two people who smile more and make more tender contacts. As advice is accepted with friendliness, love develops warmth.

The behavior of our loving couple that is becoming more loving strengthens the union. Family love is accentuated by any increased loyalty that members show each other. We can sing together, travel together and go to meetings together, as we dedicate ourselves to seeing more of each other. This association is added to our eating together, playing together and working together. We eliminate any aggression or violence that makes family situations intollerable. Whereas, our beautiful loving accomplishments as a couple make the force that binds us together much more vigorous.

CHAPTER XVII

AFTER CHILDREN ARRIVE FAMILIES BECOME SCHOOLS

(How Does Our Close Personal Contacts Do Such A Good Job Of
Molding Our Children Into Our Unified Families?)

Our intimate families take-on quite a lot more responsibility after each new child arrives to expand their membership. Still with dedication to Reaching-Out, all ecstasy grows as our family gets larger, provided adequate economic support continues. Children contribute substantially to companionship in our homes. Everyone in the family learns more about human life from close association with children. What may be the most remarkable feature of these enlarging households is how much parents can learn from each child.

Simple Physical Contacts Start Early In A Child's Life

Ecstasy in Reaching-Out can be experienced by new arrivals in families during their early years. We keep learning that our babies benefit widely from physical contacts with other human beings, starting from birth. Naturally, newly born members of our families must receive considerable touch just while we keep them fed and sanitary. Still, most evidence indicates that, when we handle our babies carefully more often, they develop more rapidly in many physical, mental and emotional respects. These frequent human contacts seem to carry stimulating messages that make the over all growth of babies speed-up.

As parents, we begin contacts with babies early, because our own pleasure is enhanced by manipulating various small body parts. As an example, we love to have a baby grab a hold of one of our fingers, so we can move its hands and arms around. Such pleasures work both ways, because the baby receives physical rewards for this activity. Then, we often manipulate the small feet and move our baby's legs almost like we were starting the walking process. All of our gentle movements, using a baby's limbs, seems to help this infant get more limb action going.

Family caressing and embracing does not become a temporary practice in most cultures. To some degree, while keeping close contacts with our children, we continue to touch our offspring as long as we feel the urge. All of the rewards from these physical contacts are difficult to evaluate, because they are so far-reaching. But, evidence suggests that well caressed children reap substantial mental benefits the whole of their lives. Those who receive the contacts seem to think more about people and what is happening around them. Then, those of us who caress get very pleasant returns that last through our years.

One remarkable effect of Reaching-Out on babies is the development of their more beautiful emotions. Parents who have that deep warm feeling of love for people will transmit a start of this emotion in their babies. These mothers and fathers will always be happy and loving when they approach their babies. Smiles will send-out friendly messages; laughter will make the communication still more pleasant; touch or movement that makes the baby smile or laugh will complete the loving communication. Evidence suggests

that babies , who receive these early warm emotions from parents, become adults who are more loving. Even friendly feelings expressed by sisters or brothers helps to build a start of beautiful feelings in infants. Those early years are wonderful times for the stimulation of warm emotions in humans.

Because of their function in families mothers have greater opportunities than fathers to make early loving physical contacts with babies. These special opportunities must be taken advantage of during early childhood years. The problems that fall in such categories include defecation and urination, as well as feeding, cleaning and clothing. Mothers have wonderful chances to obtain personal rewards for this early handling of children and should divide this compensation with fathers when it is possible.

Reaching-Out Provides Careful Supervision Of Growing-Up Performance

In our families we have quite a few rules that children need to be taught to obey, many of which are routine guide lines. Some family activities, which include things like eating food, sleeping and waking, are scheduled according to the clock. These events in our daily lives quickly become such common habits that even children want to adhere to the family time table.

While Reaching-Out, much of our parental guidance must teach children to look after their own safety while growing-up. We usually have several places around a home that offer some hazzard to children and they need to be taught to avoid these spots. Also, family devices offer considerable risk to children, if they do not learn how to handle them. For example, our stove in the kitchen is liable to be

dangerous. So, our younger generation must receive supervision that gives them training, which is necessary for self-protection.

Parental choice of training procedures and enforcement of family rules require quite strategic approaches. At least, we have discovered that parents should use a minimum of force and violence. Most families could get along better with less hostility and most children could live better lives with less shame. Thus, parents are obligated to explain the reason why certain performances are quite attractive and pleasing, while others are not at all desirable. Such friendly family communication starts as soon as it seems essential and continues as long as is desired.

We make every attempt to fill the lives of our children with the most attractive elements of behavior. If we display complete fairness in the home, the imprint in children can be quite valuable. Our acceptance of some doubtful performances may help activities keep going. Still, parental approval of all beautiful acts by children makes these offspring develop considerable self-esteem. Sometimes we must praise them for good deeds, so they will know the intensity of our admiration. Also, our encouraging them to continue doing still better gives youngsters help in building confidence. Enrichment of family life can be remarkable, when children involve themselves in the group cooperation.

As a special contribution to better performance, our offspring are taught to be more friendly with other children, especially their brothers and sisters. In any association, fighting is prohibited and negotiation of differences is given strong emphasis. Children

can make quite a start in learning to reach-out at an early age with the help of both mother and father. Parental supervision that has skillful contacts will show youngsters the pleasure of playing and doing things together with a better spirit of cooperation.

In an increasing number of families in our society both parents have jobs. Under such situations, the supervision of many children may be assumed by a training organization. But, in other cases, children return after school to a home with absent parents, which gives youngsters special responsibility for their own good conduct. Supervision, during the time that children are under their own guidance is usually a doubtful possibility. But, one approach, based on written arrangements before parents and children separate, offers some hope. During an early morning discussion, the family can develop a schedule for each member for the whole day, in which both mother and father can make their plans known. Then, the schedule that is agreed*to can be written-out briefly for the children to read when they arrive home. Letting every member know more about what is going-on is a wonderful way to strengthen the unity of a family group.

We Give Our Children Especially Useful Physical Instruction

Much of our physical instruction in the home deals with health. But, it can always be improved as parents get more informed and more skillful in supplying nourishment. Usually we want our children to have a good diet. So, we acquire more information about what are essential food items and we try to teach our

children to like these nourishing dietary materials. Then, if we succeed our offspring may eat less junk foods and through out their lives may not be willing to experiment with drugs. In addition, parental instruction about food must deal with the amount that each child should eat. Children must be trained to eat enough but not too much.

All kinds of essential motion by children benefit from extended parental help. When we assist our young ones to acquire the skill of crawling, we feel the personal pleasure of accomplishment. Then, we encourage them to stand-up and experience the fun of moving their legs and arms, while their bodies are in upright positions. Our delight expands when our youngsters learn to walk. Next, all parents receive gratification, when their children are able to run quite safely. Suitable instruction must convince each child that adequate exercise will help to maintain good physical condition.

Parents are usually active in talking to each new arrival, because we feel proud of our child who starts to talk quite soon. But, many of us need to get more skillful in saying words that children can appreciate the most. This ability should keep youngsters expanding their interest in what words mean. The time spent teaching pronunciation of words is important, because meaning is clearer when we speak words correctly more often. We read interesting stories to our offspring trying to make these anecdotes as exciting as possible. Also, we get them started looking at words and keep them expanding their interest in reading.

We build accurate perceptions of what children see more rapidly by giving them wider contacts with their environment. At least, by taking them around to many places, we allow them an opportunity to observe ~~more~~ human surroundings. While showing children around, what they see sometimes requires physical explanation. Then, their toys should be of many different sizes and shapes. Also, we let our children look at art objects and help them create their own drawings. Just making sketches of what they see give youngsters better knowledge of our world.

Our children become more sensitive to pleasing sounds with more skillful parental instruction in what is delightful to hear. Early in life children should be introduced to the wonderful world of music. Almost certainly, youngsters are made happier when their lives are stimulated with attractive tunes. To accomplish this instruction, we should sing simple appealing songs to our offspring and some of us should play interesting music on instruments. Then, children should be taught to make music themselves as they grow up.

Radio and television present audio and visual problems to children that require careful parental supervision. We need to make serious efforts that encourage our youngsters to appreciate programs which provide useful information and pleasant pictures. Also, our supervision must limit the time that our children pay attention to the broadcasting media. We have so many physical jobs around the home for children to do that radio and television concentration must be restricted during each child's growing-up period.

Mental Stimulation Gets A Good Start In The Home

Mental Stimulation Gets A Good Start In The Home

As concerned parents we give our children's minds a start in thinking by showing them what many mechanical things are used for. Also, we gradually begin to explain how they work. Understanding the value of tools that we use every day is a good way to sharpen young reasoning ability. As soon as children show signs of wanting to do useful jobs, we teach them to labor with enthusiasm and increasing skills. Our homes are the best places for children to learn the joy of doing good work with understanding.

One of the ways to get youngsters on the road to keeping their minds active is for parents to teach them to play games. The first playing may be very simple. But all actions that demand concentration on how to carry-out essential game operations gets thoughts churning. When Reaching-Out, a parent's emphasis is directed toward having children learn how to play better according to all of the rules. Winning a game is used as a measure of how well a child has mastered some of the playing skills. But, winning a game is not permitted to degrade the loser or elevate the winner.

We discover only by experiment how early in life our children can get acquainted with the wide mental use of words. So, parents read more complicated stories to them as they grow older. Then, as soon as these youngsters are able to grasp and use a writing tool, we show them how to print an increasing number of different words. Next, our big job is to teach our learners how to put words together in their writing. Our instructions proceed in the direction of helping our young writers make sentences that have the intended

meaning. Imparting this skill not only helps prepare children for school it is useful in assisting them after they start to school.

Numbers are almost as important as words in our mental processes. We cannot learn to count to ten too early in life. In fact, our number system is so simple and so useful that we must get well acquainted with it before we can tell what is going-on around us. Thus, a problem in every home is to show children many numbers and teach them how to print the ones that have meaning for them. Concerned parents give instruction in arithmetic in the home, using attractive objects. This teaching process shows a small number of objects to a child and then adds another small number that makes a recognized sum. Elementary subtraction, multiplication and division are presented in a similar manner with objects. Home easily becomes a supplementary training ground for mathematics before and after a child starts to school.

Home teaching skills give us a wonderful chance to impart neighborhood knowledge to our children. Also, skillful parents provide children many opportunities to understand their community structure. All youngsters are naturally quite curious about their surroundings, so local information goes into their minds quite easily. With some stimulation, they may be anxious to know the meaning of what is going-on. At such a point, parental help expands explanations that satisfy this desire of children to obtain reasons-why things happen the way they do. We should all want to discover more secrets that give us better understanding of our society as we grow-up.

Homes Are Wonderful Places To Experience Emotional Warmth

We may never know all of the channels through which we can transmit our feelings of warmth to our children at all ages. But, a large number of these paths are found in families that practice Reaching-Out. Here, the depth of parental love is evident from the amount and the tenderness of the attention that children receive. Our compassion conveys itself better as we give our offspring increased recognition for their own beautiful feelings.

Our friendly parental procedures utilize as many of the means that we are aware will make warmer approaches to children. Our talk must transmit loving affection with charming sounds that are effective in making the remarks winsome. While we are close, we must continue to smile a great deal and laugh quite frequently. Our various physical motions can deliver friendly communications. Then, continued personal touch sends warm messages, when it is delicate and relatively well placed. We can always make our contacts more compassionate by embracing our children more warmly.

As parents transmit their joy of love outward, they give their children instruction in how they should feel toward other children. The younger generation usually needs directions about how to treat their peers in an acceptable manner. These young personalities often have disputes that lead to conflicts. Thus, parents must show children how to select close associates with whom they are quite compassionate. Also, this effective instruction teaches youngsters how to treat all others, even adversaries, in a relatively friendly manner.

Our unit family feelings become warmer as we increase the tenderness with which we care for our youngsters. Love is a powerful reciprocal emotion. When parents develop more compassion for children, the children respond with more love for parents. Each child that feels greater parental love will be more likely to show warmer emotions for other children. Mother and father who receive greater affection from their children have a good chance for developing more love for each other.

Team-Work Has A Good Chance Of Starting Well In The Home

When our families get well organized through Reaching-Out, we acquire considerable skill in working together. This is wonderful, because one competence that any society needs intensely is team-work. Thus, our families have the responsibility to teach their children this valuable approach to cooperation. The spirit of joint operation has a wonderful chance to get a good start in the home.

Quite naturally, most parents carry-out some project supervision of family work. But, in a well organized home children are brought into nearly every activity whenever possible. The spirit of cooperation makes these children feel that all family workers have a common cause. Everyone is doing as good a job as they know how and they are all enjoying the participation. Such groups have a strong unity, when adults learn to work together with children and children learn to work together with adults. Our families are where we can have a great deal of collective fun as cooperation expands.

CHAPTER XVIII

FAMILIES LOOK AFTER THEIR ELDERLY AND HANDICAPPED WELL

(Do Our Elderly And Handicapped Benefit From Our Keeping Close
And Warm Contact With Them By Reaching-Out?)

As members get closer together, families are able to respond well to many adverse situations through group Reaching-Out. We are almost certain to need more of those close warm contacts, when we are quite old or somewhat disabled. Our elderly women usually get wonderful excitement from the visit of great grandchildren. Also, we are often surprised at the amount of stimulation an elderly man can receive from association with small children. Then, our handicapped almost always greatly enjoy any family fellowship. All of these reactions strongly motivate concerned households to take-care of their encumbered members very well. Our warm family contacts can perform quite valuable helpful functions.

We Assist Elderly And Handicapped With Their Activities

After elderly reach advanced years, they are not able to handle many of their physical activity problems by themselves. Fortunately, concerned people who are quite close are certain to give friendly help, particularly when these seniors need important assistance. Highly caring families assume remarkable responsibility for cooperating with their elderly. Difficult household chores of members who are quite old may be taken-over by the family. Climbing jobs are given to younger members. Much hard work that is exhausting to old people, becomes just fun to those in their prime. We get special excitement, when we help our elderly who need help badly.

Even though they are restricted in their activities, our elderly have desperate need to keep busy as long as possible. Thus, a Reaching-Out family supplies valuable services by encouraging their old folks to keep doing interesting work that is within their abilities. This encouragement provides many volunteers for social activities that need willing workers of any age. In addition, our close families help their elderly engage in personal talent functions, like writing, singing and other art work. When necessary, we provide financial assistance for these special occupations.

Our physically handicapped at all ages are in substantial need of close family teaching contacts. Members who are deaf, blind, crippled or have lost limbs have special problems that call for cooperative learning attention. Fortunately, concerned families supply much of this important service, requiring time, training, compassion and patients. When we become aware of special difficulties that afflict members of our household, we are motivated to provide as much learning assistance as we can. Close learning cooperation creates great pleasure in both directions.

In our close families, those who have special physical disabilities receive inspiration from others to engage in capable activities. With this friendly promotion, our special members usually find considerable work that they can do despite their impairments. Deaf are given assistance with their lip reading for special jobs; blind are aided in their efforts to apply their means of communication in certain occupations; crippled are supported in their activities that fit their useful abilities;

deformed are guided to the right work, so they can make good use of their facilities. The contribution that handicapped can make to society is substantial. But they may not be able to handle many of their financial problems. Under these circumstances, close families must struggle to keep them secure in their social structures.

We Contribute To The Mental Skills Of Our Elderly And Handicapped

If we have members in our close families who are elderly or handicapped, we assume responsibility for keeping them better informed about what is going-on in our world. All people who have special difficulties may not be able to keep themselves very knowledgeable. Concentration on self interest tends to remove burdened people from paying attention to environmental changes. Fortunately, close family efforts enable our elderly and handicapped to become more aware of their shifting surroundings.

Close families also help members with special problems to understand what they learn. General comprehension of the important meaning that explains knowledge may escape disadvantaged learners. Accurate meaning is frequently hard to grasp from simple facts. Thus, the Reaching-Out process that develops mental activity in learners, which leads to good comprehension, serves a valuable function in a family. Disadvantaged are faced with so many mental problems that any understanding of origins and possible solutions gives them more confidence in themselves.

Useful relationships with our family members who need guidance enables us to help them with their planning. Elderly

and handicapped have a tendency to become unorganized. Part of such difficulty with constructive coordination is centered in people not thinking about the future. Reflections about tomorrow's undertakings are important. But, programs for weeks, months and years ahead are extraordinarily valuable. Our support for elderly and handicapped in formulating programs and goals is a tremendous contribution to the life of a family.

Families Keep Emotions Of Elderly And Handicapped Warmer

Members of a family who are in difficult situations receive emotional strength from those who transmit warm friendship by Reaching-Out. Messages that have the necessary emotional content for improving feelings may have either highly personal direct advances, somewhat indirect positive approaches or strategic cheerful remedial sensations. All loving means for improving the emotions of the elderly and handicapped are valuable for a family.

One valuable warm direct advance to overburdened family members uses close physical contacts. Those of us who are concerned get near the elderly and handicapped, then we display the most pleasant hand motions that might improve feelings. Touches and embraces are frequently used to transmit this special warmth. Then, the warm physical union usually gets deep into the emotions of both parties. We all need to feel the pleasure of personal nearness and those of us with the most difficulties require the most emotional stimulation.

Routine warm words provide another important approach that draws families near to members with physical problems. Pleasant

conversations are effective in sending messages of appreciation and love. So, we do a lot of talking in our families that keeps the feelings as warm as possible. All positive expressions of those that are disadvantaged are treated with respect. Our warm words are used to expand feelings of tenderness in both directions.

Our elderly and handicapped frequently need friendly deeds to handle their daily activities and care enables us to furnish these special services. Those that need this assistance are certain to show appreciation. Where it is possible, the ones that receive the help are brought into the work with an united effort. Cooperation among all members of a family has a special warming effect on everyone's emotions. Naturally, members that receive special support have a fair share of the emotional benefits.

Family members that suffer more from disadvantages are likely to display more negative emotions in their daily lives. Greater disability or discomfort tend to make people prone to short tempers and other poor feelings. Under such circumstances, our Reaching-Out effort is obligated to warm-up these feelings. In this process, the disadvantaged are encouraged to express the nature, origin and intensity of their unsatisfactory impressions. During these expressions, those of us making the friendly contacts listen, try to understand and offer sympathetic suggestions that have some chance of improving feelings. Everyone's emotions are much more satisfying when they get warmer from self expression.

PART IIIREACHING-OUT BUILDS PROGRESSIVE OUTLOOKS FOR FAMILIESCHAPTER XVCOUPLES GET BETTER ACQUAINTED BEFORE MARRIAGE

(What Process Could Start More Unifying Relationships Among Couples Than Reaching-Out, Which Might Lead To Better Marriages?)

Reaching-Out between couples makes them certain to give their marriages better chances for more beautiful family lives. No one would overlook the value of mutual sexual attraction for each couple that is seriously getting acquainted. But, this affinity can develop after members of opposite sexes become more friendly and share the power of a beautiful relationship. Sex is a natural phenomenon that has its own experimental operations, hopefully after marriage. But, better friendship and well understood love may help in all kinds of family activities.

We realize that some couples, contemplating marriage, can sense an attracting power, when their personalities interlock quite well. But, Reaching-Out with its closeness furnishes couples with considerably more mutual knowledge and understanding in many areas. This better understanding can be a great help in uniting family life after marriages. So, couples should give mutual contacting skills careful application before the uniting ceremony.

Some couples have built pleasant family relationships with a measure of love, even though they scarcely saw each other before marriage. Still, our great need to better the character of a vast

majority of human families suggests that beautiful premarriage associations with wide communications can help us enrich societies. Possibly, our best families could be improved by the injection of warmer emotions and closer mutual feelings during engagements.

Couples Discover That Their Beliefs And Ideologies Are Comparable

If the two of us who contemplate marriage do a good mutual job of Reaching-Out, we can find-out if we have similar dedications. Hopefully, each of us would be highly devoted to involvement, problem-solving and making human life on earth more peaceful. In this situation, we can easily build more togetherness before marriage with our unified action. Thus, our big job is to learn more about each other and to translate this into understanding of mutual beliefs in what human beings urgently need. Then, we proceed to give each other increasing recognition.

With their matrimonial urge, a well understanding couple displays joint discipline that creates improving cooperation. Confidence in group action stimulates wide-spread involvement in working together on important social issues. This cooperation gives them stronger beliefs that demand participation in discussions and collaboration in team work. Their actions together on ideologies as a couple build an increasing amount of harmony and confidence in each other before marriage.

Two of us who have Reaching-Out contacts and are exploring the possibility of marriage should discover that the ways in which we regard human difficulties are similar. We should have relatively common goals and both aims should fit progressively into society.

Also, neither of us should have anything in our thinking or feeling that might separate us from others with different ideologies. We should both be quite able to get fairly close to all kinds of people, which would make us more unified as a couple.

Close Contacts Can Disclose Similar Value Systems For Couples

When we are a Reaching-Out couple that is considering matrimony and has mutual experiences ^{with} friendly relationships, we agree on values in most human issues. This concurrence is particularly well evolved on personal questions. We can agree quite well on what is good and what is unsatisfactory individual performance. On social issues, our mutual contacts through groups give us common goals in what needs to be improved in our society. Methods for making social progress may even coincide. Such harmony of approaches to enrichment of human life usually makes us adopt the same political action. We tend to vote in identical ways during balloting opportunities.

Our two opinions on a variety of controversial subjects may not be identical, but are enjoyable and seldom divisive. We argue about questions in a friendly fashion and are inspired to acquire more information and understanding about all issues. Also, our common value system keeps us from criticising other persons in a hostile manner, while we disapprove of their ideas. We regard all human ideas as being open to improvement. Thus, we can be eager to make our own diverse mental opinions more in agreement with each other.

Mutual concessions are explored prior to marriage in order to determine how easily we make adjustments in our activities, so increasing cooperation can be anticipated. We may not want to do all of the same things and still be able to agree on what to do together. Our value systems, which are based on pleasant relationships teach us to compromise on many decisions about work and entertainment. With experience in Reaching-Out, we can give and take more togetherness without developing unpleasantness.

As a close couple with common value systems, we become a developing economic unit before marriage. At least, we should agree as to the necessary coordination of work, income, expenditures and savings in a warm family. So, some couple financial planning should be practiced on an experimental basis. During premarital associations monetary contributions to the combined activities become somewhat evenly divided so future participation can be anticipated.

Our Close Mutual Contacts Reveal Negative Conditions

Before marriage a couple that practices Reaching-Out can assess levels of dissent that might interfere with their total cooperation. Each of us has a measure of self-interest. But, when one or both members of a couple have appreciable selfishness, the chances of success in their marriage are not very good. Excessive self-seeking for special recognition calls for some control in any family. In fact, joint accommodation is quite essential in a marriage and this skill needs to be discovered before the ceremony. Any progressive family unit requires an enormous amount of

cooperation. Thus, our early mutual contacts have a special responsibility to uncover any attitude that might weaken a couple's essential unity.

Couples seldom have identical regular customs in their life styles. But, negative habits that weaken marriage ties can usually be recognized by close association before marriage. Occasionally, these difficulties will respond to negotiations or professional counselling. But, the most serious habits call for tests to determine if they are under control. So, alcoholism, tobacco smoking, drug use, gambling and other negative customs may need the Reaching-Out experience to receive rational consideration. Addiction to any faulty practice by either member of a couple can spoil the chance for their unity.

While getting better acquainted before marriage, a couple has a chance to discover if one member is not trustworthy. All families need to have an increasing amount of correct information from members, so communication should be as truthful as possible. Therefore, a couple should search for accuracy in their premarital relationships and any dishonesty should be uncovered at an early date. Fraudulent words or deeds can destroy family unity rather completely. Thus, premarital relationship has an important function in disclosing any lack of integrity among couples.

Friendly contacts must explore for possible development of antagonisms in couple relationships. We have too much violence in our societies and considerable abuse in our families. Thus, our pre-marital couple must attempt to evaluate the amount ~~the amount~~

of hostility that might develop between them after marriage. Anger and frustration are frequent human emotional conditions. But, most of these annoying sensations can be overcome promptly and Reaching-Out is a valuable method of detecting the tendency and maintaining careful control.

A Better Acquainted Couple Can Learn Of Love's Stability

Before marriage, when a couple feels that strong two-way attraction, they find-out that their love can grow vigorously. While mutually Reaching-Out, the two will search for possible increases in warmth through getting closer. When unpleasant feelings are expressed, both learn to practice forgiveness to rebuild better compassion. Closer contacts give two people enormous training in reconciliation that can elevate all of their loving sensations.

One simple test of love's stability is to observe a couple's increasing desire to be together. Prior to marriage, when two loved ones need to separate temporarily for special reasons, their warm feelings tend to get stronger, if love is stable. As we get closer together in our loving associations, we want to get still closer even though separated. Absence gives us increasing desire to experience the presence of our loving companion.

Expressions of love grow stronger, even before the marriage ceremony. While Reaching-Out, looks, actions and words reveal to the person, who we want to be our loving partner, that friendship is progressing. We must keep making our outward appearance more pleasant. Our dealings together must become more courteous and

must show increasing tenderness. All mutual considerations develop expanding kindness in a loving couple. Members even learn to respect each other more persistently and more completely. This strong mutual compassion becomes an interchange of feelings that is displayed with increasing warmth.

CHAPTER XVI

COUPLES DEVELOP INCREASING UNITY AFTER MARRIAGE

(How Does Friendship And Cooperation Keep Expanding After The Marriage Ceremony Through Closer One-To-One Contacts?)

When a couple makes a beautiful choice for marriage by Reaching-Out, their relationship naturally gets still better after the ceremony. Living together builds many increasingly powerful ties until togetherness in a family becomes the major part of coexistence. Enjoyable sexual performance is an important part of the pleasure in a married couple's lives. But, increasingly warm actions and better personal activity agreements may be responsible for most improving unity after marriage.

New Families Become Entities With Harmony That Grows Stronger

While working collectively, a married couple must continue to get closer together in ways that stimulate greater strength in the union. Actually, every family needs increasing intimacy to build more vitality. Quite remarkably such growth in friendly connections has numerous factors that deserve consideration. We never know if our harmony is adequate, until we try many means for gaining greater vigor in our family compatibility.

Improving communication builds more powerful unifying force in any family. Both members can always make more friendly conversation carry more accurate messages that create better accord. We can even learn to do more talking together, which keeps relationships growing faster. More gentle physical caresses are

quite valuable and increasing number of embraces transmits greater warmth. As we continue to kiss our partner, we improve this means for friendly communication.

A real close family can improve the degree of equality that enables it to divide-up responsibilities more evenly. As caring gets stronger, sharing grows more active. The two family members do not simply work for more equality in materials possessed or work done. Instead, each struggles to contribute equal increasing advances to family progress. Improved participation of each becomes more just and better balanced according to skills.

Attention to each other increases as unity of a married couple grows. Mutual recognition of each others special abilities receives more expansion in these families. The two united members must get increasingly well acquainted with each other. When each one has better appreciation of the other's skills, harmony can grow quite well. Then, each solid social unit becomes a valuable ingredient in our society.

Couples Display Increasing Ability To Do Team Work

All of our couples face more problems after marriage. But, as both expand their Reaching-Out, the two people can get more remedial work done. If two of us carry-out family work together as a unit, we naturally gain skills in joint accomplishment. As we learn more about what to expect from each other, we can fit our actions together more effectively. When we work on still more family problems, we learn even better what each of us can do.

This increased knowledge helps us divide-up work more efficiently like we were a cooperating organization. Then, more planning and scheduling keeps expanding the team work.

Our real close family builds increasing confidence in each other, which enables them to solve their serious problems better. This joint operation creates more security in facing emergencies. When either family member suffers severe difficulties, both experience the sadness and grief that accompanies the crisis. Then, in case either person has some outstanding achievement, both feel the special stimulation and joy that results. This singleness of all problem reactions by our family unit adds greatly to their competence in getting important work done.

Our More United Families Show Fewer Tensions Or Confrontations

The forces, which hold our more united families in a more ecstatic state, prevent most antagonisms. Actually, arguments can be quite pleasant, because we accept differences in opinions and our views are seldom very divergent. Then, we can frequently learn new ideas and achieve better understanding of situations, when we participate in friendly discussions and do joint research. Family life becomes quite enveloped in compromises that expand pleasures.

In families with real coherence we keep our temper under careful control. Feelings like anger and resentment are directed at faulty incidents rather than involved member. All negative emotions that might lead to abuse are replaced by humor or forgiveness. We can always develop better feelings by covering displeasure with statements that are comical. In particular, we must pardon the

member that generates our resentments to keep our emotions improving. We eliminate aggression or violence as actions that are intollerable.

Family Love Gains Greater Strength

After we have a Reaching-Out marriage, our desire to satisfy each others needs grows stronger. Each of us develops an increasing longing to be a loving helpful partner in an improving union. As this special yearning gets more powerful, fondness reaches deeper into each family member. Then, love as a great emotional force becomes an increasing source of yearning for still greater unity.

Our devotion to love demands that both family members search for more lovable communication, so they can understand each other better. Messages that carry more friendly feelings, while being factual, warm-up both members. As we praise each other more, affection between two of us becomes clearer. Also, love gets stronger between any two people who smile more and make more tender contacts. As advice is accepted with friendliness, love develops warmth.

The behavior of our loving couple that is becoming more loving strengthens the union. Family love is accentuated by any increased loyalty that members show each other. We can sing together, travel together and go to meetings together, as we dedicate ourselves to seeing more of each other. This association is added to our eating together, playing together and working together. We eliminate any aggression or violence that makes family situations intollerable. Whereas, our beautiful loving accomplishments as a couple make the force that binds us together much more vigorous.

CHAPTER XVII

AFTER CHILDREN ARRIVE FAMILIES BECOME SCHOOLS

(How Does Our Close Personal Contacts Do Such A Good Job Of
Molding Our Children Into Our Unified Families?)

Our intimate families take-on quite a lot more responsibility after each new child arrives to expand their membership. Still with dedication to Reaching-Out, all ecstacy grows as our family gets larger, provided adequate economic support continues. Children contribute substantially to companionship in our homes. Everyone in the family learns more about human life from close association with children. What may be the most remarkable feature of these enlarging households is how much parents can learn from each child.

Simple Physical Contacts Start Early In A Child's Life

Ecstasy in Reaching-Out can be experienced by new arrivals in families during their early years. We keep learning that our babies benefit widely from physical contacts with other human beings, starting from birth. Naturally, newly born members of our families must receive considerable touch just while we keep them fed and sanitary. Still, most evidence indicates that, when we handle our babies carefully more often, they develop more rapidly in many physical, mental and emotional respects. These frequent human contacts seem to carry stimulating messages that make the over all growth of babies speed-up.

As parents, we begin contacts with babies early, because our own pleasure is enhanced by manipulating various small body parts. As an example, we love to have a baby grab a hold of one of our fingers, so we can move its hands and arms around. Such pleasures work both ways, because the baby receives physical rewards for this activity. Then, we often manipulate the small feet and move our baby's legs almost like we were starting the walking process. All of our gentle movements, using a baby's limbs, seems to help this infant get more limb action going.

Family caressing and embracing does not become a temporary practice in most cultures. To some degree, while keeping close contacts with our children, we continue to touch our offspring as long as we feel the urge. All of the rewards from these physical contacts are difficult to evaluate, because they are so far-reaching. But, evidence suggests that well caressed children reap substantial mental benefits the whole of their lives. Those who receive the contacts seem to think more about people and what is happening around them. Then, those of us who caress get very pleasant returns that last through our years.

One remarkable effect of Reaching-Out on babies is the development of their more beautiful emotions. Parents who have that deep warm feeling of love for people will transmit a start of this emotion in their babies. These mothers and fathers will always be happy and loving when they approach their babies. Smiles will send-out friendly messages; laughter will make the communication still more pleasant; touch or movement that makes the baby smile or laugh will complete the loving communication. Evidence suggests

that babies , who receive these early warm emotions from parents, become adults who are more loving. Even friendly feelings expressed by sisters or brothers helps to build a start of beautiful feelings in infants. Those early years are wonderful times for the stimulation of warm emotions in humans.

Because of their function in families mothers have greater opportunities than fathers to make early loving physical contacts with babies. These special opportunities must be taken advantage of during early childhood years. The problems that fall in such categories include defecation and urination, as well as feeding, cleaning and clothing. Mothers have wonderful chances to obtain personal rewards for this early handling of children and should divide this compensation with fathers when it is possible.

Reaching-Out Provides Careful Supervision Of Growing-Up Performance

In our families we have quite a few rules that children need to be taught to obey, many of which are routine guide lines. Some family activities, which include things like eating food, sleeping and waking, are scheduled according to the clock. These events in our daily lives quickly become such common habits that even children want to adhere to the family time table.

While Reaching-Out, much of our parental guidance must teach children to look after their own safety while growing-up. We usually have several places around a home that offer some hazzard to children and they need to be taught to avoid these spots. Also, family devices offer considerable risk to children, if they do not learn how to handle them. For example, our stove in the kitchen is liable to be

dangerous. So, our younger generation must receive supervision that gives them training, which is necessary for self-protection.

Parental choice of training procedures and enforcement of family rules require quite strategic approaches. At least, we have discovered that parents should use a minimum of force and violence. Most families could get along better with less hostility and most children could live better lives with less shame. Thus, parents are obligated to explain the reason why certain performances are quite attractive and pleasing, while others are not at all desirable. Such friendly family communication starts as soon as it seems essential and continues as long as is desired.

We make every attempt to fill the lives of our children with the most attractive elements of behavior. If we display complete fairness in the home, the imprint in children can be quite valuable. Our acceptance of some doubtful performances may help activities keep going. Still, parental approval of all beautiful acts by children makes these offspring develop considerable self-esteem. Sometimes we must praise them for good deeds, so they will know the intensity of our admiration. Also, our encouraging them to continue doing still better gives youngsters help in building confidence. Enrichment of family life can be remarkable, when children involve themselves in the group cooperation.

As a special contribution to better performance, our offspring are taught to be more friendly with other children, especially their brothers and sisters. In any association, fighting is prohibited and negotiation of differences is given strong emphasis. Children

can make quite a start in learning to reach-out at an early age with the help of both mother and father. Parental supervision that has skillful contacts will show youngsters the pleasure of playing and doing things together with a better spirit of cooperation.

In an increasing number of families in our society both parents have jobs. Under such situations, the supervision of many children may be assumed by a training organization. But, in other cases, children return after school to a home with absent parents, which gives youngsters special responsibility for their own good conduct. Supervision, during the time that children are under their own guidance is usually a doubtful possibility. But, one approach, based on written arrangements before parents and children separate, offers some hope. During an early morning discussion, the family can develop a schedule for each member for the whole day, in which both mother and father can make their plans known. Then, the schedule that is agreed*to can be written-out briefly for the children to read when they arrive home. Letting every member know more about what is going-on is a wonderful way to strengthen the unity of a family group.

We Give Our Children Especially Useful Physical Instruction

Much of our physical instruction in the home deals with health. But, it can always be improved as parents get more informed and more skillful in supplying nourishment. Usually we want our children to have a good diet. So, we acquire more information about what are essential food items and we try to teach our

children to like these nourishing dietary materials. Then, if we succeed our offspring may eat less junk foods and through out their lives may not be willing to experiment with drugs. In addition, parental instruction about food must deal with the amount that each child should eat. Children must be trained to eat enough but not too much.

All kinds of essential motion by children benefit from extended parental help. When we assist our young ones to acquire the skill of crawling, we feel the personal pleasure of accomplishment. Then, we encourage them to stand-up and experience the fun of moving their legs and arms, while their bodies are in upright positions. Our delight expands when our youngsters learn to walk. Next, all parents receive gratification, when their children are able to run quite safely. Suitable instruction must convince each child that adequate exercise will help to maintain good physical condition.

Parents are usually active in talking to each new arrival, because we feel proud of our child who starts to talk quite soon. But, many of us need to get more skillful in saying words that children can appreciate the most. This ability should keep youngsters expanding their interest in what words mean. The time spent teaching pronunciation of words is important, because meaning is clearer when we speak words correctly more often. We read interesting stories to our offspring trying to make these anecdotes as exciting as possible. Also, we get them started looking at words and keep them expanding their interest in reading.

We build accurate perceptions of what children see more rapidly by giving them wider contacts with their environment. At least, by taking them around to many places, we allow them an opportunity to observe more human surroundings. While showing children around, what they see sometimes requires physical explanation. Then, their toys should be of many different sizes and shapes. Also, we let our children look at art objects and help them create their own drawings. Just making sketches of what they see give youngsters better knowledge of our world.

Our children become more sensitive to pleasing sounds with more skillful parental instruction in what is delightful to hear. Early in life children should be introduced to the wonderful world of music. Almost certainly, youngsters are made happier when their lives are stimulated with attractive tunes. To accomplish this instruction, we should sing simple appealing songs to our offspring and some of us should play interesting music on instruments. Then, children should be taught to make music themselves as they grow up.

Radio and television present audio and visual problems to children that require careful parental supervision. We need to make serious efforts that encourage our youngsters to appreciate programs which provide useful information and pleasant pictures. Also, our supervision must limit the time that our children pay attention to the broadcasting media. We have so many physical jobs around the home for children to do that radio and television concentration must be restricted during each child's growing-up period.

Mental Stimulation Gets A Good Start In The Home

Mental Stimulation Gets A Good Start In The Home

As concerned parents we give our children's minds a start in thinking by showing them what many mechanical things are used for. Also, we gradually begin to explain how they work. Understanding the value of tools that we use every day is a good way to sharpen young reasoning ability. As soon as children show signs of wanting to do useful jobs, we teach them to labor with enthusiasm and increasing skills. Our homes are the best places for children to learn the joy of doing good work with understanding.

One of the ways to get youngsters on the road to keeping their minds active is for parents to teach them to play games. The first playing may be very simple. But all actions that demand concentration on how to carry-out essential game operations gets thoughts churning. When Reaching-Out, a parent's emphasis is directed toward having children learn how to play better according to all of the rules. Winning a game is used as a measure of how well a child has mastered some of the playing skills. But, winning a game is not permitted to degrade the loser or elevate the winner.

We discover only by experiment how early in life our children can get acquainted with the wide mental use of words. So, parents read more complicated stories to them as they grow older. Then, as soon as these youngsters are able to grasp and use a writing tool, we show them how to print an increasing number of different words. Next, our big job is to teach our learners how to put words together in their writing. Our instructions proceed in the direction of helping our young writers make sentences that have the intended

meaning. Imparting this skill not only helps prepare children for school it is useful in assisting them after they start to school.

Numbers are almost as important as words in our mental processes. We cannot learn to count to ten too early in life. In fact, our number system is so simple and so useful that we must get well acquainted with it before we can tell what is going-on around us. Thus, a problem in every home is to show children many numbers and teach them how to print the ones that have meaning for them. Concerned parents give instruction in arithmetic in the home, using attractive objects. This teaching process shows a small number of objects to a child and then adds another small number that makes a recognized sum. Elementary subtraction, multiplication and division are presented in a similar manner with objects. Home easily becomes a supplementary training ground for mathematics before and after a child starts to school.

Home teaching skills give us a wonderful chance to impart neighborhood knowledge to our children. Also, skillful parents provide children many opportunities to understand their community structure. All youngsters are naturally quite curious about their surroundings, so local information goes into their minds quite easily. With some stimulation, they may be anxious to know the meaning of what is going-on. At such a point, parental help expands explanations that ~~satisfies~~ this desire of children to obtain reasons-why things happen the way they do. We should all want to discover more secrets that give us better understanding of our society as we grow-up.

Homes Are Wonderful Places To Experience Emotional Warmth

We may never know all of the channels through which we can transmit our feelings of warmth to our children at all ages. But, a large number of these paths are found in families that practice Reaching-Out. Here, the depth of parental love is evident from the amount and the tenderness of the attention that children receive. Our compassion conveys itself better as we give our offspring increased recognition for their own beautiful feelings.

Our friendly parental procedures utilize as many of the means that we are aware will make warmer approaches to children. Our talk must transmit loving affection with charming sounds that are effective in making the remarks winsome. While we are close, we must continue to smile a great deal and laugh quite frequently. Our various physical motions can deliver friendly communications. Then, continued personal touch sends warm messages, when it is delicate and relatively well placed. We can always make our contacts more compassionate by embracing our children more warmly.

As parents transmit their joy of love outward, they give their children instruction in how they should feel toward other children. The younger generation usually needs directions about how to treat their peers in an acceptable manner. These young personalities often have disputes that lead to conflicts. Thus, parents must show children how to select close associates with whom they are quite compassionate. Also, this effective instruction teaches youngsters how to treat all others, even adversaries, in a relatively friendly manner.

Our unit family feelings become warmer as we increase the tenderness with which we care for our youngsters. Love is a powerful reciprocal emotion. When parents develop more compassion for children, the children respond with more love for parents. Each child that feels greater parental love will be more likely to show warmer emotions for other children. Mother and father who receive greater affection from their children have a good chance for developing more love for each other.

Team-Work Has A Good Chance Of Starting Well In The Home

When our families get well organized through Reaching-Out, we acquire considerable skill in working together. This is wonderful, because one competence that any society needs intensely is team-work. Thus, our families have the responsibility to teach their children this valuable approach to cooperation. The spirit of joint operation has a wonderful chance to get a good start in the home.

Quite naturally, most parents carry-out some project supervision of family work. But, in a well organized home children are brought into nearly every activity whenever possible. The spirit of cooperation makes these children feel that all family workers have a common cause. Everyone is doing as good a job as they know how and they are all enjoying the participation. Such groups have a strong unity, when adults learn to work together with children and children learn to work together with adults. Our families are where we can have a great deal of collective fun as cooperation expands.

CHAPTER XVIII

FAMILIES LOOK AFTER THEIR ELDERLY AND HANDICAPPED WELL

(Do Our Elderly And Handicapped Benefit From Our Keeping Close
And Warm Contact With Them By Reaching-Out?)

As members get closer together, families are able to respond well to many adverse situations through group Reaching-Out. We are almost certain to need more of those close warm contacts, when we are quite old or somewhat disabled. Our elderly women usually get wonderful excitement from the visit of great grandchildren. Also, we are often surprised at the amount of stimulation an elderly man can receive from association with small children. Then, our handicapped almost always greatly enjoy any family fellowship. All of these reactions strongly motivate concerned households to take-care of their encumbered members very well. Our warm family contacts can perform quite valuable helpful functions.

We Assist Elderly And Handicapped With Their Activities

After elderly reach advanced years, they are not able to handle many of their physical activity problems by themselves. Fortunately, concerned people who are quite close are certain to give friendly help, particularly when these seniors need important assistance. Highly caring families assume remarkable responsibility for cooperating with their elderly. Difficult household chores of members who are quite old may be taken-over by the family. Climbing jobs are given to younger members. Much hard work that is exhausting to old people, becomes just fun to those in their prime. We get special excitement, when we help our elderly who need help badly.

Even though they are restricted in their activities, our elderly have desperate need to keep busy as long as possible. Thus, a Reaching-Out family supplies valuable services by encouraging their old folks to keep doing interesting work that is within their abilities. This encouragement provides many volunteers for social activities that need willing workers of any age. In addition, our close families help their elderly engage in personal talent functions, like writing, singing and other art work. When necessary, we provide financial assistance for these special occupations.

Our physically handicapped at all ages are in substantial need of close family teaching contacts. Members who are deaf, blind, crippled or have lost limbs have special problems that call for cooperative learning attention. Fortunately, concerned families supply much of this important service, requiring time, training, compassion and patients. When we become aware of special difficulties that afflict members of our household, we are motivated to provide as much learning assistance as we can. Close learning cooperation creates great pleasure in both directions.

In our close families, those who have special physical disabilities receive inspiration from others to engage in capable activities. With this friendly promotion, our special members usually find considerable work that they can do despite their impairments. Deaf are given assistance with their lip reading for special jobs; blind are aided in their efforts to apply their means of communication in certain occupations; crippled are supported in their activities that fit their useful abilities;

deformed are guided to the right work, so they can make good use of their facilities. The contribution that handicapped can make to society is substantial. But they may not be able to handle many of their financial problems. Under these circumstances, close families must struggle to keep them secure in their social structures.

We Contribute To The Mental Skills Of Our Elderly And Handicapped

If we have members in our close families who are elderly or handicapped, we assume responsibility for keeping them better informed about what is going-on in our world. All people who have special difficulties may not be able to keep themselves very knowledgeable. Concentration on self interest tends to remove burdened people from paying attention to environmental changes. Fortunately, close family efforts enable our elderly and handicapped to become more aware of their shifting surroundings.

Close families also help members with special problems to understand what they learn. General comprehension of the important meaning that explains knowledge may escape disadvantaged learners. Accurate meaning is frequently hard to grasp from simple facts. Thus, the Reaching-Out process that develops mental activity in learners, which leads to good comprehension, serves a valuable function in a family. Disadvantaged are faced with so many mental problems that any understanding of origins and possible solutions gives them more confidence in themselves.

Useful relationships with our family members who need guidance enables us to help them with their planning. Elderly

and handicapped have a tendency to become unorganized. Part of such difficulty with constructive coordination is centered in people not thinking about the future. Reflections about tomorrow's undertakings are important. But, programs for weeks, months and years ahead are extraordinarily valuable. Our support for elderly and handicapped in formulating programs and goals is a tremendous contribution to the life of a family.

Families Keep Emotions Of Elderly And Handicapped Warmer

Members of a family who are in difficult situations receive emotional strength from those who transmit warm friendship by Reaching-Out. Messages that have the necessary emotional content for improving feelings may have either highly personal direct advances, somewhat indirect positive approaches or strategic cheerful remedial sensations. All loving means for improving the emotions of the elderly and handicapped are valuable for a family.

One valuable warm direct advance to overburdened family members uses close physical contacts. Those of us who are concerned get near the elderly and handicapped, then we display the most pleasant hand motions that might improve feelings. Touches and embraces are frequently used to transmit this special warmth. Then, the warm physical union usually gets deep into the emotions of both parties. We all need to feel the pleasure of personal nearness and those of us with the most difficulties require the most emotional stimulation.

Routine warm words provide another important approach that draws families near to members with physical problems. Pleasant

conversations are effective in sending messages of appreciation and love. So, we do a lot of talking in our families that keeps the feelings as warm as possible. All positive expressions of those that are disadvantaged are treated with respect. Our warm words are used to expand feelings of tenderness in both directions.

Our elderly and handicapped frequently need friendly deeds to handle their daily activities and care enables us to furnish these special services. Those that need this assistance are certain to show appreciation. Where it is possible, the ones that receive the help are brought into the work with an united effort. Cooperation among all members of a family has a special warming effect on everyone's emotions. Naturally, members that receive special support have a fair share of the emotional benefits.

Family members that suffer more from disadvantages are likely to display more negative emotions in their daily lives. Greater disability or discomfort tend to make people prone to short tempers and other poor feelings. Under such circumstances. our Reaching-Out effort is obligated to warm-up these feelings. In this process, the disadvantaged are encouraged to express the nature, origin and intensity of their unsatisfactory impressions. During these expressions, those of us making the friendly contacts listen, try to understand and offer sympathetic suggestions that have some chance of improving feelings. Everyone's emotions are much more satisfying when they get warmer from self expression.

PART IVREACHING-OUT IMPROVES OUR SOCIETIESCHAPTER XIXWE WORK FOR BETTER EDUCATION IN OUR SCHOOLS

(Where Does Reaching-Out Have Some Of Its Most Important Impacts
On The Achievements Of Our Societies?)

Our contacts with more people of all ages disclose our great need for better educational systems. We get feelings of considerable anxiety from the difficulties our societies have in generating reasonable solutions to their serious problems. We learn that we desperately need a better informed, better trained, better comprehending and better feeling public. But, we recognize that such a society will take many years to bring-into-being, even if we start now on the road to improvement in training. So, our Reaching-Out must get more active in the realm of education.

We meet with frequent opposition to training progress from those who say that we do not need to spend more taxpayers money to improve education. Such attitude is usually based on a desire to decrease the educational cost overhead or a notion that students should pay more to go to school. But, various serious conditions suggest that we must expand our educational budgets considerably. Also, we can conclude that taxpayers must bear most of the burden, because we all benefit greatly when all children that grow-up learn how to manage our societies better.

We Call For Better Trained Teachers With Greater Skills

Quality of any class instruction depends largely on the skill of the teacher. With our progressive objectives, we must exert considerable effort toward enlisting people in our teaching profession who are more competent. We must try to obtain leaders in class rooms who are more experienced and more capable in solving many kinds of human problems. If our competent teachers require higher incomes to balance payments for comparable services in private businesses, we should pay them more. Our regard for this profession deserves considerable elevation. But, much of our esteem for class room instruction must come from the superior performance of the teachers.

Our teacher expertness has many valuable aspects, which are related to Reaching-Out. This skill is greatly dependent on mastering the technique of good communication. Thus, an important requirement for good instructors is basic elementary training in presenting knowledge to those who should want to learn. Naturally, we can get some of this guidance in colleges and universities. Still, our better trained instructors may need more experience up-their in front of a class before they blossom forth as leaders. We can encounter some examples of class room sessions in which the teacher learns more than any student.

One of our valuable discoveries is that teachers do a better job when they feel closer to their students. We certainly want ~~want~~ our leaders in the class room to enjoy their work. Administrators can help this problem by having those who apply for teaching jobs

ask for students with whom they feel the most comfortable. Also, our schools might be reorganized, so that each teacher has the same students for two successive years, like the first and second grades, the third and fourth grades, the fifth and sixth grades and the seventh and eighth grades. Teacher and students can get more intimate in a two year period than in one school year.

Class room instruction requires student response and each student may respond differently to the same teacher. Thus, our more competent instructors must appeal to a larger proportion of each class. Such guide line means that competence is related to a number of learning situations that students observe in each class, like the teacher being prepared, some ideas being attractive, the teacher's spirit being enthusiastic, the odd things being humorous and the learning being alluring. These qualities are somewhat difficult to measure with any accuracy. But, a large number of these learning conditions are important for teachers to consider carefully before each class session.

Our educational structure can always be improved when teachers are more competent as organizers. At least, we can recognize the better learning situation, when order in the class room is under better control. Organization turns-out to be a relatively essential element in effective instruction. So, our more competent teachers are more apt to be able to coordinate in a friendly manner with both students and parents. Then, students may be pressured to do more and better home work.

Communication Between Teacher And Students Shows Progress

In our concerned educational systems, a teacher is likely to present an outline of materials to be learned and to discuss mental goals to be reached in the first class session of a semester. As students become aware of these over all objectives teacher-student relationships can begin to expand at a good rate. Most of the students can realize that they must assume considerable responsibility for their own learning accomplishments. Then, the teacher can easily become more and more dramatic and can make the successive class sessions increasingly attractive. Also, the response of the students is certain to be increasingly enthusiastic. Classes can be brought into growing harmonious accord.

Many schools need to make possible chances for teachers to have individual exploring and grading sessions with each of their students. For a long time, each-one-teach-one has been known to achieve special beneficial learning results. This practice gives a teacher a chance to help each student with special problems. Also, oral examinations are great ways for teachers to get acquainted with individual accomplishments of students. Actually, such methods of evaluating achievements presents quite a challenge for student preparation. Introducing such methods for increasing communication would require supplying teacher-aids to handle main events in the class room. Even so, more teacher-aids would be valuable additions to school systems in many ways.

Class rooms show improved communication, because teachers avoid bringing-up material that is too complicated for their students to learn. We have a certain level of learning that is

normal for each class. Thus, teacher presentations must be largely confined to this normal level of difficulty. Students who can raise their level of learning higher than normal should be encouraged to do so on their own. But, grading should be made on the basis of the normal presentation to the class.

One Urgency Is To Decrease The Number Of Students Per Teacher

We have accumulated enough evidence to believe that twenty five students per teacher makes better educational environments than thirty five. Obviously, the smaller number in a class makes individual participation more possible during most activities. Then, our teachers can give more individual attention to the smaller group. A reasonable amount of good class room discussion and one-to-one teaching has a better chance of developing.

A teacher's judgement as to the ~~and~~ accomplishment of students becomes more reliable, when the number being judged is decreased. In smaller classes, learning problems are easier to detect and teachers can get more satisfaction giving help where it is needed most. If we decrease class size, we will have more classes for teachers to teach. So, we will need many more competent teachers, even if our population density does not increase like it will. Still, more teachers and more time per student for each to teach will be quite a step forward for education.

We Need A Process For Grading Teachers

Improvements in school instruction problems are not easy. One analysis indicates that we must have a means for evaluating

the competence of teachers. If we want better teachers, we must develop a measuring scheme that will tell us which teachers are better. Even our teachers should want this measuring process, which would enable them to determine if they have made improvements in their skills. The large number of qualities in these skills and the fact that these qualities have different ratings for every student makes skill averaging highly essential. We must also have our measuring process as simple and as practical as possible. Such evaluation might be based on how much the average student learns in one year of instruction by the teacher that is under study.

Not surprisingly, teacher evaluation requires study of student learning improvements. Measuring new ability that the average student acquires in one year of instruction calls for the use of standard examinations. Tests have been essential tools for measuring student knowledge and understanding for many decades. Teachers only need to reorganize the initial and the final examinations in their yearly school classes in order to measure better what each student learns. These two tests must cover the same materials and the same insites that were taught in the class sessions. Probably, these tests should be averaged by the principal or superintendent.

Teacher evaluation may begin with the difference in scores ~~that~~ ^{of} each student on initial and final examinations. But, we must determine the average increase in scores for all of the students. Then, we must compare this indicator of the class averave with some standard, which might be the past average student learning

at this level in the same school. Then, teachers must be informed about the results of such comparison and encouraged to improve their increase in average learning scores. Possibly, we should give teachers, who obtain repeated high averages for their student performances, special bonuses as rewards.

Our Students Benefit From Expanded Motivation

Our students arrive in each course with their own motivation for learning., which can almost always be improved by various types of Reaching-Out. Much of this added incentive comes from preschool training in homes or nursery schools or from previous classes. Any impulse to open our minds is activated strongly by our ecstasy in having acquired previous knowledge and understanding. Thus, concerned parents' role in our educational process must be expanded, if we can expect students to show much greater stimulation to take-on better instruction, Highly concerned people at home can exert decisively beneficial effects in the learning of those at school. Education can almost always be speeded-up, when parents exhibit special interest in the progress that their children make in school.

Grading systems show a tremendous need for revision, if we want to give students maximum incentives to make progress in learning. We may hope that students will work harder just to get better grades. But, if they do not know the basis that is used to determine their grades and if they have little to do with deciding the final measurement for the course, grades may have slight influence on learning incentives. Our curve grading system, in which we place a certain per cent of our students in each category, seems

particularly futile. With this categorical means for deciding accomplishments, each semester of a course acquires a grade structure determined by the teacher. Thus, in many instances students who have some difficulty learning may lose interest, because they have insufficient influence in deciding their grades.

Evidence suggests that we need to introduce grading systems in which students have the main responsibility for determining their own grades. Several features seem essential in this student-main-choice method of determining course grades. One important part of the student-main-choice procedure is the formula, which must be drawn-up by the teacher. This expression indicates how each test score and each special project evaluation is used to determine the final grade for the course. Another significant trick in shifting grading over to students is that the formula is presented in full on the first day of the course. Thus, from the start each student has an outline of all things that he or she must learn and has an expression that enables him or her to calculate what grade he or she has earned at any date. An additional feature includes the opportunity for students to repeat examinations or special projects to show that they have finally learned what they had not originally mastered and thus deserve a higher grade. Many of us learn more from doing poorly in an examination or special project and discovering how to correct our errors than from doing well originally.

Lack of student motivation to learn is often the result of their unfortunate habits that call for special help from concerned

people. Eagerness to acquire knowledge and understanding can undergo considerable restraint, when students are more anxious to satisfy their habits promoted by peers. Thus, we are confronted with serious problems in our schools, where many students get high on alcoholic liquors, cigarettes or other drugs. Parents will need to get involved in relieving this difficulty, before our educational progress becomes satisfactory. Simply throwing drug users out of school would not be a good solution to what is creating poor student incentives.

Efforts to increase motivation in schools frequently encounter students who are concentrating on one or two subjects. Some of these very attractive subjects are sports. Unfortunately, this centering of student interest means that they are neglecting some other important areas of learning. So, we must get involved in having educational systems work on the problem of diversifying student interest. Hopefully, we can make all courses more stimulating until they become rivals of sports.

Our Teaching Materials Are Made More Interesting

Subjects of the materials for students to learn require greater variation, particularly as the school grade increases. Naturally, instruction in reading, writing and arithmetic must be continued at an improved rate. Also, history deserves more attention than it receives at present. Then, our school subjects must encompass elementary information about good nutrition. Further, students should be given an introductory view of science, economics and government. Our educational system must give

students a good start in understanding our society and its changing elements.

Among our tools of instruction, textbooks show quite a variety of interesting qualities. Differences may exist in what is presented and how it is brought forth. So, while we are Reaching-Out we have the responsibility to improve both the materials offered in school books and the style of the writing. All students deserve the most stimulating source of information. Thus, their learning may depend to a degree on reading a variety of interesting books. Therefore, all learners should be motivated to consult more reference works to discover different perspectives about the materials they are studying.

Classroom activity is frequently highly dependent on the use of blackboards or whiteboards by both student and teacher. But, use of such appliances requires considerable thought and planning, before it gives very good results. Whiteboards sometimes seem superior, when well lighted. For blackboards the chalk needs to be quite white and the board should be as black as possible. What appears clearly on this important appliance can be a valuable stimulant for mental activity. Good reproductions and illustrations on these boards can help memory and expand comprehension. Also, when used by students, these boards give them an opportunity to indulge in creativity.

Some modern electronic equipment can be useful in building interest in schools. In some class rooms, more opportunities should be offered students to get them acquainted with mechanical and computer developments in our big world of information and

programming. Actually, much of our simple educational apparatus is quite attractive, which makes it rather effective in promoting learning.

When trying to improve teaching materials, we should give considerable attention to homework. Student home study should include more than reading assignments in text books. Here, special effort might be made to keep students thinking about rules by which learning progress might be improved. Thus, they might be asked to do projects at home that would review principles, which had been discussed in class. Homework might well involve students making application of these principles, so they would have less time to sit and watch non-educational TV.

We Make Substantial Efforts To Increase Class Room Attendance

We certainly want to decrease the number of drop-outs from our primary and secondary schools. Rather an unfortunate number of students are absent from their classes, more than might be expected from sickness. Seemingly, most schools are not attractive enough to many children. So, we must address this problem, if we expect to help our educational system to go forward. Possibly, some kind of reward could be offered for good attendance to public schools. Maybe, more disadvantages in the form of hard work could be developed for unjustified absenteeism. Even time going to the toilet might be restricted within reasonable limits. Schools are designed to be used only by those in attendance to learn as much as time allows.

Students Make More Use Of What They Learn

With more Reaching-Out, school training provides more universal feeling of personal identity with society. As students our memories demand that we use much of the information that we learn in school, if we want to keep it in mind. We can often forget some of this knowledge in half of the time that we take to learn it, when we completely overlook it. Thus, we should encourage schools to make much of the classroom materials as practical as possible. Opportunities for actual use of what students learn should be increased considerably. Practical application of principles that have every-day usefulness helps our students think and makes for better judgement.

Through their experience using knowledge, most students develop increasing desire to learn more. This result produces a most rewarding feeling of going forward in all learners. Definitely our confidence that we can solve more problems must become more wide-spread. All of us must struggle to reach a more rewarding future. Fears about the future must be turned into challenges to do better. By getting involved in making educational progress, we can avoid personal depressions and enjoy our ecstasy in making progress.

CHAPTER XXWE STRUGGLE FOR GREATER ECONOMIC COOPERATION

(In What Way Does Reaching-Out Make It Possible To Build An Increasingly Stable World Economy?)

Our economy includes action in the multiple parts of our society that give us goods and services for our consumption. Those of us who accumulate enough money to exchange for these commodities and helpful activities are the ones who carry-out the business transactions to create our economy. We have numerous countries on our earth and the economy of each nation has a somewhat different structure. But, we can identify multiple exchange systems in some countries fairly well from the way they control goods, services and money. All systems develop what we can call prices for goods, services and money. Actually, exchange systems of many countries get quite confusing. Thus, our struggle for economic cooperation requires a better understanding of exchange systems and a more effective way to have most of them work together.

Some structural confusion in exchanges comes from our having a variety of economic ideologies in different countries that we can designate from far right to far left. On our far right we have private entrepreneurs owning and operating all businesses, presumably with no help from government. On our far left, we have government owning and operating all businesses, such socialist enterprises being rigidly controlled. Most countries adopt economic ideologies that fit conveniently into their political systems. Thus, if we have a powerful ruler of a country, who enjoys

the support of the wealthy, we have a dictatorial economy controlled by private businesses. If we have a highly structured tyrannical government that runs most businesses, we have communism. Then, countries like the USA, which have a large measure of democracy in government, usually develop complicated hybrid economies. In these hybrid systems we have a high per cent of private enterprise, while we require considerable government participation for development, stability and social action. As we practice our Reaching-Out, one of our serious problems is to develop increasing cooperation between all of these economies.

As most countries, including our USA, have hybrid economics, we try to develop a better understanding of how this economy works, while we attempt to expand world cooperation. In each of our many systems we have people with goods, people with services and people with money. So, each exchange must amount to an approximate dividing-up of goods, services and money. People with the money obtain what they need for final consumption or what they use in an other exchange; people with the goods or services acquire the money that they can use in other exchanges. These results of exchange processes create prices of goods and incomes for services, which are important components of any economy. The varied source of money reveals the participation of government in hybridizing many of the exchanges.

People participate in different ways in several exchanges that are in different groups. We include in our first group the exchanges, with little reliance on credit money, that deal directly

with creating consumer products. These trading groups include education, research, resource discovery, production development, energy, goods and services production, goods and services distribution and the market place. In our next group of exchanges, we place those that utilize considerable credit money. Here, we have banking, credit buying of homes or cars, and speculation. As a group of supplementary systems, we include emergency help, protection, insurance, waste utilization and recreation. The final group of exchanges takes-in defence, war and the recovery from war. We are hoping that this grouping of multiple exchange systems will help us understand hybrid economics better.

Our First Group Of Exchange Systems Has Interactions

Our study of interactions between exchange systems in the first group does not overlook the principle of supply and demand. We simply admit that frequently goods come with price-tags on them and demand often has a fluid amount of money in it. The principle of supply and demand some times neglects to emphasize the fact that the prices must be high enough for a profit or the selling company may go bankrupt. Then, if prices are too high, businesses make excess profits that are only justified when invested in other useful exchange systems. Also, this classical principle has difficulty dealing with advertising, the substantial participation of government in furnishing money to create demand, the special foundations that provide help for many exchange systems and the goods that flow into our exchanges from foreign countries. Thus, we must give a general treatment to exchange interactions in the first group with emphasis on how they might be improved.

Our education exchange interacts strongly with practically all other systems. Greater mental skills make us more valuable in our whole economy. The money we spend getting our education may enter the price that we pay for many goods and services. But the fundamental position that the education exchange occupies in the first group demands special consideration. If we want better and cheaper consumer products and services, we must create better and more widely used training programs. For this expansion process, we need more schools with better learning equipment and more teachers with better preparation. We will need to pay teachers higher salaries and extend the length of school periods. Learning must become a more important concern in our lives, as we enter more fully into our economy.

Our research and planning exchange demands more and better trained personnel from our educational process. New knowledge and understanding are quite valuable in building-up the expanding background of our economy. But, researchers need more fundamental knowledge and understanding before they are capable of developing new ideas. Thus, we must make strong efforts to obtain more adequately prepared researchers to carry-out our vital progressive studies. Advancement in fundamental studies will cost more money; salaries of researchers will increase; more highly trained personnel will be employed; equipment costs will become greater. Still, new discoveries may be essential for economic progress.

Improvement in material exploration frequently requires considerable research. Fundamental information and understanding

about substances are vital in determining what materials to use for a manufacturing process and where to obtain these essentials. We can usually improve the materials that we use to make products and operate machinery. We can always hope that all substances in plants are safe for workers around the machinery.

Plant development operations make modern fabrication equipment that is rated as more desirable for the production functions. These operations have built new machinery for decades. Now, they are moving in the direction of employing more and more robots that are directed by computers. Thus our Reaching-Out efforts must be focused on better studies that can determine possible increase in unemployment of workers and decrease in quality of products. Employing fewer workers usually lowers the price of plant development and products. But, this creates more economic problems that need to be studied. Maybe high technology will keep more people employed.

Energy is an important requirement in many exchange systems, but is recognized as having its own system in manufacturing plants. These plants require energy in quantities that are determined by the effectiveness of their development. Thus, we are obligated to encourage plant construction to provide machinery that uses less energy per unit product. Presently, our energy comes largely from combustion of gas, petroleum products and coal. Thus, we must work harder for energy conservation, when the prices of these source materials go-up. Conservation becomes a valuable means for keeping this exchange system under some restraint. For energy in

the future, we must struggle to develop solar power, wind machines, super conducting electric motors and renewable sources, which may be essential for our economy as petroleum products become scarce.

Operations of a large fraction of our manufacturing plants produce products that hopefully will get to all consumers. Most of us need more of these commodities than we can afford. So, performance of this production work must be studied to make it more efficient and our plants must be kept in good repair. We realize that productivity per person employed is an important element in this exchange process. Our goods come-off of the assembly line with aggregate cost figures that reach-back to many other essential exchanges. Thus, our economic concern focuses on keeping these operations large enough to supply peoples needs at reasonable price, but not too large to produce a glut.

Distribution of manufactured products is an essential economic step in getting goods to consumers. This operation relies on the available means for transportation and carries-out its action over the distance between plants and consumers. So, when possible we should work for closer arrangements between manufacturers and retailers, which might improve shipment problems. Our commodities vary enormously in size, weight and quantity, which makes transportation quite variable. Also, products have already accumulated their multiple price-tags. Thus, distribution problems are highly diversified in their effect on the price of our goods.

Goods are ready for the retail consumer exchange system, when they have been distributed to our local markets. But, trading activity is extraordinarily complex largely from problems inherited

from other exchanges. When training specialists becomes more expensive, research and planning costs go-up. As research and planning costs increase, exploration and development expenses follow this trend, unless they are subsidized. If exploration and development increase in prices, energy and water become more expensive. When energy and water become more costly, manufacturing and distribution cost more. Then, as manufacturing and distribution are more expensive, retailers must put higher prices on their consumer goods. So, consumers pay for these many interactions. Thus, we must struggle ^{to} make all background consumer exchanges more productive. Workers who provide essential services should be trained to accomplish better results per unit of time.

Our consuming public must provide demands for their goods and services at prices that are higher than accumulated costs plus marketing expenses. But, consumer prices must be restricted by competition, which creates means to make exchanges less expensive. With this free restriction, the principle of supply and demand may enter the market place fairly intact, even though the public may be motivated to buy goods through advertising. While Reaching-Out we must attempt to insure that consumer goods and services are useful, of good quality, safe and reasonably stable.

We discover a vast diversity in the amount of money that various people have to spend on goods and services. One reason is our incomes from rendering services in exchanges are quite variable. Another is our profits from the sale of what we offer in exchanges is quite different. Since these incomes are how we get most of

our money, consumers vary from the astonishingly rich to the unfortunately poor. The per cent of our population that is homeless and desperately in need of goods and services is increasing. At the same time all of us must receive food, clothing, shelter and health necessities in order to survive. Thus, we must help our society reverse its economic trend, so we can eliminate devastating poverty and can have more equal distribution of money.

Governmental assistance is an important means for insuring that most of us participate adequately in the consumer market. We get more stability in many exchanges from this source of assistance. Somewhat covertly, we have government helping our retailers, particularly by subsidizing the distribution of goods to their stores. Our roads and railroads might not be there without this subsidy. Then, our manufacturers get administrative help in making plants safe, in curing financial difficulties and in matching foreign competition. Our development processes receive government support and subsidy, especially in the expansion of energy sources and water supplies. A substantial amount of the research and planning exchange system takes place in state universities and government laboratories. Much of the results of these activities is published in journals and is available to all of us. When education is considered, we realize that an extraordinarily high per cent of money for this exchange system comes from government. Even so, education needs much more of this support. Fortunately for us our tax payers have contributed a great deal to improve the interaction of our whole first group of exchanges. Now we must struggle to increase the amount and the strategy of government help.

Some Exchange Systems Trade Largely With Credit Money

Because our economy has become so complicated, banking, investment and speculation exchanges tend to play leading roles. This trading serves the important private means for transferring large amounts of money from one exchange system to another. Such function is valuable, when it keeps the flow of money throughout our economy somewhat stable. But, these credit exchanges may force many prices up by increasing the money supply. Thus our concern must be to develop methods of controlling this money supply in consumer exchanges.

Our banking system has a dual exchange process in many kinds of banks. We deposit our income checks in bank accounts. Then, we write checks on these checking accounts to pay our bills, leaving some of our deposits in place, on which our banks may pay us interest. If we put our money in saving accounts, which is just like making a loan to our banks, we always get our interest. So, our banks must loan this money to borrowers at higher interest rates than they pay depositors. Thus, banks can be stimulating influences on the economy of communities, if borrowers are able to pay their interest and principal. Hopefully, we can find means to prevent over borrowing.

Individuals who spend more than a few hundred dollars for expensive goods, like real estate or cars, practically always buy on credit. Such purchases on time increase the supply of money for these consumer exchanges. Then, businesses who use hundreds of thousands of dollars more than their reserves for development must

borrow more money from banks. So, our credit type of exchanges expand as businesses get larger. This credit may be needed for research, planning, development or raw materials, which systems frequently require more funds. But, borrowing money is fairly expensive at high interest rates. So, we can expect that more credit money will increase our cost of living. We must work to make government control our credit money supply, since the constitution gives this national authority responsibility for such regulation. As a result, we have the bank deposit guarantee measure to insure this part of our money supply and the Federal Reserve Board to control interest rates.

When we indulge in investments or speculation, the action participates in an exchange system that resembles banking. We are putting our money into adventures that hopefully will give us returns, either as regular dividends or special profits. This action has the effect of increasing our money supply. Thus, these exchange systems need very careful consideration, as we attempt to put our economy in balance.

Supplementary Exchange Systems Contribute To Cost Of Living

Sooner or later all of us need emergency help from doctors, dentists, psychologists, hospitals, lawyers, electricians, car service agencies, etc. Some of these services, like repair work and legal advice, are furnished almost totally by private businesses. We can hope that competition will improve their quality. But, our physical, mental and emotional difficulties fall into a different category, because of service costs and the people afflicted. The

need for special care has tormented handicapped and elderly to the degree that we have government assistance in the form of Medicare, Medicaid, Food Stamps and other help for special services. Emergency exchange systems have become very important parts of our cost of living and our government helps to keep these finances in balance. We hope that more will be accomplished to help the hungry, abused and homeless members of our society.

Everyone is aware that society needs the protection of police and fire departments that are part of government. This broad protective exchange system is very important to relieve the tensions in most communities. Tax payers are quite willing to pay for these services, even when they become fairly costly. Actions by our protective agencies can also be preventive for some of our serious social problems. So, our efforts must work hard for better means for preventing crime and fire.

Human troubles being so common, our exchange system that provides insurance becomes essential to pay for cost of remedies. As our population increases this back-up for economic stability acquires expanding importance. Businesses, as well as individuals, need some guarantees of security from difficulties. The more vulnerable we are financially, the more insurance we need of relative safety. Social Security provides valuable retirement benefits for the elderly by a government insurance agency. So, we must struggle to keep this program improving its services. Private agencies seem to be expanding, but at a rate that may not furnish all of the necessary repair services for our economy. Shortcomings in this exchange system arise because costs of remedies have

escalated so rapidly that premiums cannot keep-up. Our concerns here are for better cooperation between all of those involved in this insurance exchange system.

Waste disposal has been an economic exchange system for a long time, because human beings create much refuse. Government has built our sewage systems and has been responsible for much of the pick-up and disposal of our household discards. Now, we have industrial wastes that take more careful treatment, as some of them are toxic. Our cars and power plants still discharge undesirable chemicals in their exhaust gases. So, acid rain is gravely afflicting much of our land. Actually, we are just getting started on the problems of preserving the purity of our air, water and soil, which demand much more attention. Then, we must look forward to the time when we recycle most of the glass and metal, which usually go into our disposal cans. Also, we must develop fertilizer or fuel out of our organic trash rather completely.

Among our supplementary exchange systems, cultural, religious and recreational activities have expanded substantially. Here is where our Reaching-Out has had an important function in economic participation. Private organizations provide most of these valuable services and the stimulating opportunities to serve as volunteers. So, our rewards for cooperation in these exchanges must be quite satisfying. At least, we must recognize the importance of these systems, as we put a significant amount of our time and money into them. These exchanges are relatively well developed and we must try to keep them expanding.

Military Exchange Systems Complicate Our Economic Problems

Somewhat separate structures for economic exchange systems exist in our military industrial complex. Actually, we can group these exchanges together, because all of our military training, research, planning, manufacturing and development have one major purpose and that is to kill more of an enemy more effectively. Some of the technology that is developed for defence may be transferable to our consumer group exchanges. But, a vast amount of our defense efforts and products are useless to consumers. So, these efforts and products must be classified as wastes, unless we get into an inconceivable war. Thus, while we are Reaching-Out, our responsibility must be to help restrict the amount of money that is devoted to these wasteful activities.

The possibility of our getting into another world war must be regarded as a monstrous hazzard. Just preparation for another conflict creates enough disruption and wastefulness in our economy. Then, if we started fighting another war, the focus of our different exchange systems would be to win battles. Rather an astonishing number of these systems would be thrown into disorder by the shift in employment. So, our next world war would become, not only a mamouth disaster in which massive number of people are killed and the environment mutilated, but an enormous calamity for our economy. With the utmost skill our efforts must work hard to prevent such enormous losses and such deep distresses.

Economic Problems Call For Much Greater Cooperation

We must consider how our money should flow among our large number of exchange systems to lessen the severity of economic problems. In this monetary movement, money might come from people, businesses, banks, foundations or government. Each has an important role to play in all remedial action. Besides money flow, we must consider numbers of workers, quantity of businesses and size of corporations. Also, we must realize that much of our energy and raw materials come from abroad and more and more of our consumer and business products come by foreign trade. Then, if we want to become more optimistic about creating a more stable and balanced economy, we must struggle to improve our educational systems with joint action. More of us must learn more about economics. Our great emphasis must be on training all people in distribution cooperation.

Any analysis of economic problems must utilize the principles of competition and freedom of choice. But, we do need to use the economy as it exists in our USA, when we get all segments into better cooperation. Here, we usually have only one school for our children to attend. In our houses, we have only one electrical line from which we can switch-on our lights, only one line valve to turn on our gas, only one telephone line over which to make our calls, only one line valve for our main source of water and only one sewer in which to flush our wastes. Also, we learn that government has subsidized a substantial number of our businesses for a couple of centuries. A certain amount of government help

and regulations have been important parts of our economy throughout our history. While concerned people work on all economic problems, we must struggle for more effective, more strategic and more stimulating action by our many levels of public authority.

We encounter numerous theories of what causes economic recessions and many ideas about what happens to exchanges during these times. Frequently, this reasoning is based on political or ideological conceptions. But, we must try to understand depression threatening problems using the multiple exchange analysis of our economy. During a recession we know that most of our many exchanges operate at lower than normal rates. Thus, incomes of individuals and businesses decrease markedly, which retards the economy seriously. Even our gross national product develops slowly or halts. So, we must search for means to prevent economic troubles which disrupt our first group of exchanges. These efforts must try to restrict the practice of bringing products to the market that are priced too high for most of us to buy.

Economic planning on a national scale must be sound, if we want to avoid industrial disruptions. Before special regulations, bank failures precipitated considerable instability, because loans were poorly planned. Weather crises, which could not be anticipated, have created a number of economic difficulties. Sudden unemployment in substantial amount produces unsteadiness. Most exchange systems are adversely affected by unexpected high interest rates. Then, during the seventies the price of oil increased by about ten times, for which we could scarcely plan in advance.

On several occasions we abandoned normal economic planning by engaging in a large scale war. When involved in a war, we have an enormous diversion in research and planning for economic development, because each system specializes in winning the conflict. After a war is over, we may have serious problems of putting together effective peace time plans, which is usually quite confusing. Thus, we have had depressions or recessions after many wars, in which our country has been deeply involved. Planning for peace and world economic progress must become one of our most aggressive activities.

The serious problem of unemployment is quite a challenge for our economy, which we must face with great concern. Fortunately for many of us, we have unemployment insurance that, for a time, pays a nominal income to those released from work. But, maximum economic stability seems to call for all workers to have legal rights to either jobs or training opportunities to prepare for jobs. Our consumer exchange systems tend to carry-out more and more operations with machines, computers and robots. As a result, businesses achieve their productivity with fewer workers. Of course, development and manufacturing of highly technical devices creates some jobs. Still, many of our unemployed may need to go into service occupations. At least, those of us who are concerned must struggle for an economic structure, in which those who need paying work can find suitable sources of income. We will always welcome volunteers for many charitable tasks. Also, welfare might be supplied fairly to those who are handicapped and unable to provide any kind of service. But, our Reaching-Out must work hard

on these complex employment rights problems and try to discover some solutions with better education and greater diversity of jobs.

We will have our problem of poverty for a long time, because a per cent of us do not have the skills to participate well in any exchange. Some of us lack adequate mental and physical abilities. One group of us has language difficulties that hold us down to a low level in the economy. The female branch of our single parent families tend to have financial problems. Now, the growing number of us who suffer from money deficiencies are the elderly. Welfare and food stamps with social security are essential, but are not sufficient for our economy to make good progress. Our best possibility for decreasing all causes of poverty seems to be the improving and expanding of our educational activities. We must not abandon those in poverty until we make strong efforts to enhance their useful skills.

Poor services abound in many of our economic exchanges, although we usually feel like our personal helpers are satisfactory. Of course we usually hunt around until we find services, in which we have some confidence. Still, all kinds of defective action by workers takes place in all exchanges. Many of our products that we buy exhibit faulty manufacturing practices. We can sometimes find unreliable development, research and planning work, if we study much of our industrial output. As our services are poor in many segments of our economy, we may be given many personal services that are not very useful. We must conclude that most of our workers

should be better trained. Even our instructors should be better prepared to give all of us more useful training.

The amount of effective work done per day by each worker in every economic exchange requires our attention. This worker accomplishment, which we call productivity, has an important influence on the vitality of our whole economy. Now, we have discovered that any economy needs to improve relationships between management and labor before each worker improves his or her productivity. We work better when we get along better with the boss and the boss accepts our suggestions. Then, the spirit of economic cooperation must go further for still better results. Workers must develop better team work among themselves before joint operation reaches very much higher levels. Thus, training workers to get better feelings of responsibility calls for much help, if we are going to build better economic cooperation.

Our concerned studies indicate that we must increase our federal governments income and decrease its expenditures for the military. This combined approach seems essential, because neither process, by itself, would make a feasible solution to our money flow problems. The overall economy requires much more non-military help from government. Also, cutting humanitarian services would be a disastrous economic approach. So, probably our government must increase its income through some kind of taxation process. But, large tax increases are politically impossible, because of present public resistance to paying for government peace time services. Still, if our government decreases its expenditures

where humanity and the economy would be hurt the least, the military must suffer the loss. Many economic surveys show that the vast proportion of our social services need increases instead of decreases in funding. Still, our fears-of-the-Soviets will not let us cut our military expenditures very much, even though our defenses have better ways of deterring aggression than entering the arms race. Thus, our responsibility is to see that our government becomes more devoted to important services in our peace time economic exchanges.

Our special problem of improving valuable contributions of government to the peace time part of our economic exchanges results from ideological selfishness of many tax payers. Many citizens do not want to pay much money to the government. But, tax payers have been willing to let the federal government give extra military services on borrowed money. Now, increases in spending for the military have built-up substantial federal budget deficits. Such spending practices have proceeded to create a two trillion dollar federal government debt. Such enormous debt should give us the message that we must change our attitude and be willing to pay more taxes, especially if government retains its contribution to valuable social services.

We must create much more cooperation that decreases discrimination in the service sectors of our economy. Hopefully, businesses that are hiring workers can be persuaded to make fewer judgements solely on the basis of sex. Our females are working their way into many services, but are frequently given less important jobs and less pay than males. This differential treatment of sexes demands careful corrective action by all

concerned people. Then, members of some races and national backgrounds have suffered much economic discrimination. Our blacks are among the unemployed and are in the poverty status at a higher percentage than whites. Some evidence suggests that blacks are making slight progress in our service sectors. But, our struggle for better cooperation must attempt to accelerate this progress. Also, latinos, asiatics and indians present problems of isolation in our economy that we must work-on quite strategically to produce better integration. All of us are in our country together and and we must learn to carry our economy forward with affirmative action.

We Try To Make The Flow Of Money Show Fairer Balance

When considering our first group of economic exchanges, the ratio of private to government money involved is important. We do not want to put business cash into compulsory elementary education, because such financing might increase commodity prices. So, we have called on government to provide most of the money for this exchange. Then, our younger children's education does not ~~not~~ cost us very much after we pay our taxes that are fairly charged. Industrial companies, which need benefits from basic research, cannot afford to pay for all of the studies that they might require for progress without raising their prices excessively. Thus, our efforts must try to see that government supplies more of this fundamental study in state universities and federal agencies. Also, we must encourage private institutions to carry-out much research under foundations.

Other first group exchanges call for assistance that is supplied by our authorities under pressure. As a couple of examples, we have insured that energy businesses are well subsidized and that water supply industries are very largely owned by governments. Manufacturing is where we try to keep government from entering the financial part of the exchange. But here, we must work hard to get our authorities more active in regulating safety and other aspects of fabrication including the disposal of wastes. Then, distribution of goods has made great use of our public roads and streets. Even when this exchange uses railroads, it gets considerable subsidies from government. Of course, after finished goods reach the retail market place, consumer transactions are very largely private. Still, our struggle must continue to have inspections insure that the quality of final products are acceptable.

Our government plays a fundamental role in many of our supplementary group of economic exchanges. Although we already have considerable administrative protection against monopolies, we must try to insure that business mergers receive more government regulation and control. In our personal services, some of us get the help that we need with the high cost of health care through medicare and medicaid. But, the problems of human diseases, pain and general physical condition are so great that more government help is essential. Protection from crime and fire is provided fairly effectively by police and fire departments. Even so, all of us need to help authorities with these important jobs. We can be fairly confident of our insurance companies on account of government supervision. Still, our responsibility to be active

in improving these services demands our pressuring government for better emergency performance.

Economic exchanges that deal primarily with credit money have government playing some vital functions. We certainly want our national authority to control our over-all money supply quite carefully. When the money supply goes-up in many consumer exchanges, inflation increases and disturbs the stability of our economy. Thus, we must encourage The Federal Reserve Board to adjust the amount of borrowed money more strategically by maneuvering interest rates as low as practical. Our efforts may be directed toward making the FED much more responsible to the voting public. In addition, we must work to make our bank accounts even more secure, while banks give us better services.

Those of us who become quite concerned are beginning to learn what the flow of money through authorities actually means. Our responsible government is not on our backs, as some people think. Trustworthy officials enable us to reach-out beyond our personal capabilities in helping to balance economic exchanges. We must struggle to force governments to be more fair, more efficient and more effective in distributing funds to our various exchanges. This necessary action raises the question of what is the fairest way for government to collect taxes. Both income and property taxes require revision to distribute the amount collected on a better basis of cooperative responsibility.

Fairness of personal income taxation seems to demand that those of us, with a larger amount of money coming in, must pay the

government a larger per cent of this income. Careful analyses indicate that our income tax rate should increase on a smooth curve as our incomes increase. We do not get real justice with our step-wise rate increases. Possibly, those of us at the poverty level should not pay any income tax. But, as our incomes grow the smooth curve of tax increases might well be a straight line from this point to a figure as high as forty per cent at income of one million dollars per year. Also, we need fewer loop-holes that are not based on fairness. Then, corporations should have smooth-curve increases in income tax rates on profits remaining after what was spent for modernization and expansion. This increased tax rate should pressure businesses to keep improving their methods of carrying out their operations.

Current property taxes require considerable adjustment to make them fairer. As one step, assessments of values for properties must become much more accurate appraisals. Here, consideration must be given to selling prices of similar possessions, subject to comparable inflation. The time that a property was purchased or was subject to improvements should not be decisive in these decisions. Instead, values must be determined from a review of property selling prices at the time of the appraisal. As another step, property tax rates need to be estimated from the total amount of money required by the state and local governments and the total property value in the area. Our efforts must keep trying to make property taxes more just.

Our USA Economy Is An Integral Part Of The World Economy

We must never think that USA can become economically isolated in our world. Instead, an astonishing number of our exchanges are highly dependent on trade with other countries. Also, economic exchanges in foreign countries benefit quite substantially from this international interchange. As is quite obvious, world trade must increase as disadvantaged countries become better-off economically. We probably have no more effective way to decrease world tensions than to become better trading partners with more countries. We can even hope for an equal balance in reciprocal trade with our partners.

Expansion of international trade has become compulsive, because of our shortage in raw materials for manufacturing and our use of oil for energy. Increasingly, we need to import thirteen or fourteen different essential raw materials to fill our manufacturing demands. By importing these essentials, we establish valuable relationships with foreign suppliers and help to expand their economies. Both parties in the transaction reap substantial benefits. Then, for forty years we have had such a demand for oil that our country has brought-in significant amount from outside. The suppliers have made some technological developments as a result of our buying their oil. But, our large demand and the recent increase in the price of oil has contributed considerably to one period of our inflation. At this time, requirements of all countries for energy has made oil one of the major commodities in international trade.

Imports of many consumer products help fill gaps that we would otherwise have in our exchange systems. Quite a few of these goods are agricultural products that we do not raise in our USA. Other materials are similar to those raised or manufactured in USA, but are cheaper or more attractive to consumers. When these foreign materials appear on our consumer exchange this competition gives USA businesses greater incentive to plan for better rivalry.

We have several raw materials in the USA that many other countries need for their production industries. So, we promote some international trade by helping to satisfy world requirements for such materials. But, our foreign business problems may be aggravated by our charging high prices for these industrial essentials. As a result, other countries supply many raw materials for world trade that we should try to provide as cheaply.

Some of our consumer products and other special goods have substantial places in our world markets inspite of their costs. Among our important international trade materials are agricultural products, which we can raise in quantities. We might play a substantial role in trying to relieve world hunger, if our food products were cheaper. Then, our special manufactured goods, which other nations do not produce, have some popular world demand. Unfavorably for all concerned people, a large amount of our manufactured materials that we furnish foreign friends are military supplies. Thus, we have an obligation to exert pressure on our exporting practices to make them have real economic value.

Our frustrating problem in the world economy originates from our trade deficit, in which we buy more from other countries than they buy from us. This difference in trade is largely the result of cheaper prices that our consumers pay for foreign goods. Naturally, the money that we pay foreigners does not all leave the USA. Many foreign traders speculate in our investment exchanges, which does not increase the market for our goods. Thus, we must struggle to eliminate this trade deficit by some arrangement that will help all countries of our world. We might achieve reciprocal trade agreements with friendly nations and multiple contracts with a group of those that are disadvantaged.

We must continue to support the International Monetary Fund and the World Bank, when they make reasonable use of their money. The enormous debts of various countries around the world suggests that IMF has not exercised enough control over how its loans are being used. We learn that much of the money that is contributed to this fund is used to pay interest on world loans along with the cost of military supplies. So, our pressure must be to have IMF assume the responsibility to see that its money is used largely for education, research and economic development. All other countries should be encouraged to take advantage of economic knowledge that advanced countries have acquired. All people on our globe need a better world economy.

CHAPTER XXI

OUR REACHING-OUT INVOLVES US IN EMERGENCY PROBLEMS

(What Potentially Serious Situations Call For Our Special Help Through Reaching-Out?)

Our occupation with improving situations gives us closer relationships with all people in serious trouble. Many of those with terrible afflictions, like the handicapped, helpless or victims of catastrophes, are near enough to where we live for us to have strong feelings of sympathy and determination to help. But, most of our serious situations are too big in scope for individuals or small groups to take care of adequately. So, we must develop governments that have warmer feelings toward all people with distressing difficulties, who are calling for urgent relief. Then, we may be able to give more help to those who suffer from floods, land slides, hurricanes, earth quakes, volcano eruptions, as well as those who are sick or starving. Also, earth's atmosphere may demand special care to prepare us for the future. All serious emergencies require a great deal of cooperation.

Heavy Rains And Snows Create Problems That Must Be Resolved

Whenever weather gives us heavy rains or snows, we can have some highly destructive events. In the USA we have built levees along most rivers in the attempt to control floods. But, the mass of water from rains or snows up-stream frequently get rivers out of control. The extent of flood damage can be enormous. So, we must respond to these river disasters with the vast amount of

assistance that is usually necessary to restore order. In rainy seasons, we must occasionally repair hundreds of buildings that are damaged by water. In violent snow storms, we must work hard to clear the streets for normal traffic. Hopefully, this damage will be repaired with government help.

In areas where houses are built on slopes of mountains or hills, rains can cause the land to slide down and wreck houses. Such natural incidences are difficult to predict or anticipate, but can be quite devastating. When these disasters occur, we are obligated to request that victims receive government help to restore their habitations. Also, studies are essential to help make our land-slides less frequent.

Some Areas Develop Wind Disasters That Demand Our Attention

In various ocean areas, like the Gulf of Mexico, our atmosphere develops violent wind structure that can be very damaging. Even our smaller cyclones, which start on land, can be destructive in small areas. But, our massive hurricanes that sweep-in from oceans can spread their devastation over hundreds of square miles. These disasters call for considerable help for victims to recover their normal lives.

While confronting these wind problems, we have the obligation to study the formation and motion of violent wind structures. Such investigations may give us an understanding of how cyclones and tornadoes can get started. Then possibly, we might develop means for preventing their initiation. Eventually our comprehension might enable us to develop schemes to keep

our cyclonic action over oceans or higher up in our atmosphere.

Specialists Must Make Careful Surveys Of Our Many Volcanos

In the western mountain ranges of USA, we have quite a few volcanos that threaten to erupt. This outburst can result in very severe damage in areas that are near enough to receive bombardment of ejected solids or flow of molten lava. One of our recent examples is Mt. St Helens. Thus we must use our best technology to make observations that might indicate the start of an eruption of any mountain peak. At least, we should test these peaks for steam and listen for rumbles. Some damage can be lessened when we learn in advance that a mighty explosion is about to occur.

Our great concern gives us responsibility to inform all people, who live around potential volcanos, of their hazards. We might even want to make these areas into national parks. Volcano regions are more valuable for geological studies than for human dwellings. When people are injured by explosions of mountains, we should make every effort to relieve them of their difficulties.

Earth Faults Must Be Studied To Anticipate Earthquakes

Along our pacific coast we have numerous ground cracks that reach down into earth's crust. These faults in our ground structure sometimes slip drastically causing pronounced earth oscillations in local areas. Such earthquakes have taken place in populated locations where enormous amount of destruction has occurred. Fortunately, most of the slippage of our faults cause only minor tremors that do little damage.

Questions about where and when powerful earthquakes might shatter our countryside are quite puzzling. Thus, we must support more studies that survey our earth's faults. At least, we want to learn what stresses in various faults will cause violent slippage. ~~Thay~~ we must follow the course of stress build-up, so we can make reasonable predictions as to when we might expect earthquakes in various areas. These studies will not be simple and may take considerable seismic exploration.

Buildings also need considerable structural safety features, so they can resist earthquake violence. We want to decrease the number of people that might be injured or killed, when buildings are damaged by our shaking earth's crust. The most serious damage seems to result from buildings breaking apart. So, we must develop means for tying our structures together more strongly. All of our buildings, where we live and work in earthquake zones, must become tougher.

We Must Keep Careful Watch Over Our Atmosphere

Human respiratory systems demand air that is largely free from toxic, irritating or carcinogenic materials. Thus, we must promote wide spread studies that measure the presence of these unpleasant and hazzardous substances in our atmosphere. We can all do without breathing much carbon monoxide, nitrogen dioxide, ozone or radioactive compounds. After detecting the presence of these polluting compounds, we must have effective means for identifying their origins, decreasing their output and reducing their concentration in the air. We want the wonderful source of oxygen for our lungs to be quite pleasant and safe.

Our earth is covered with a remarkable external layer of ozone gas that protects us from harmful outer space radiation. Various chemicals that we may discharge into the air tend to decrease the amount of this protective material in our upper atmosphere. Some volatile organic compounds fall into this category of reacting with ozone. Thus, those of us who are concerned must promote investigations to discover what chemicals are ozone destructive and we must attempt to control their atmospheric discharge.

Evidence indicates that temperatures on our earth's surface are controlled largely by blanket like layers in our atmosphere. Heat absorbing gases and dusts create a greenhouse effect that keeps our earth's temperatures reasonably warm at present. So, we do not want these average values to change very much, because the amounts of ice at the north and south poles are quite satisfactory. Thus, the concentration of carbon dioxide and other heat absorbing materials require stabilization in our atmosphere. We must avoid any ocean flooding incident or even another ice age.

Quality Of Land And Water Requires Our Serious Attention

Over the years, various industries have deposited numerous toxic chemicals on our land or in our water. Now these poisonous materials have accumulated in some of the water that we consume until they present problems of quite serious nature. Much of this difficulty arises from industries wanting to get rid of their poisonous materials in toxic dumps. But, such dumping practices

must be eliminated, unless the chemicals are treated until they are no longer hazzardous, or the discarders find dumps where the water from the ground does not seep into strata supplying human needs. We must prevent toxic chemicals from reaching our rivers and lakes in quantity.

Farmers have adopted the practice of spraying some of their crops with insecticides. Also, they treat most of their soils with various chemical fertilizers. We can wash most of the insecticides off of the farm products before we eat them. Naturally, most fertilizers are used-up by the growing plants. Still, undesirable chemical materials that accumulate in our soil may create difficulties for the future. Thus, our efforts should exert pressure to prevent our soil as well as our food from becoming contaminated.

Large portions of our farm lands are cultivated to the consistency at which water washes this soil slowly into rivers and lakes. In addition, the wind blows some of the dusty part away. As a result, our average soil depth has decreased rather substantially. So, our efforts are needed to make farmers maintain a thick enough layer of fertile dirt for food production. Survival of a reasonable population on earth may eventually depend on soil preservation.

For our energy needs, we burn an enormous amount of fossil fuels, some of which contain sulfur. As a result, many exhaust stacks discharge sulfur dioxide and sulfuric acid into the atmosphere. These oxidized chemicals are blown by the air for some distance, but eventually fall to the ground or lakes as acid rain. The total damage that we suffer from acid rain has been

hard to assess. Still, evidence indicates that areas in northeastern North America have increasing forest, vegetable and animal problems, earths and waters have become more acid. At least, this trouble deserves our attention and our greater effort to decrease the amount of acid that energy puts into our valuable air.

Human Problems Of Hunger Confront Us Tenaciously

All human beings require nutritious food in adequate amounts to maintain good health. Unfortunately, millions of us suffer from lack of sufficient nutrients. So, concerned members of all societies must confront this special human emergency with as much help as possible. These hunger problems have different origins and require somewhat different approaches. But, hopefully, sufficient food can be produced for everyone. Therefore, hunger problems are closely related to distribution as well as to expanding food production.

In the USA and many other countries, hunger is related to poverty caused by privation or unemployment. People in poverty sometimes do not have the money to buy enough food. . Thus, hunger that is connected to local poverty calls most strongly for improvement in food distribution. Our work on this problem may even need to attempt reduction in unemployment and other privations. At least, we must recognize universal human rights to sufficient nutrients for everyone, which might eliminate starvation where adequate food is available.

In some countries, draught has caused substantial reduction in food production. This lack of production along with poor distribution has precipitated disastrous famines. Thus, we are obligated to get involved in providing relief for all food problems for humanitarian reasons. Our obligation must consider that draught might even strike the USA some time in the future.

Hunger problems have special seriousness, because younger children may be the ones who suffer most. Fortunately, we feel this great concern for these young members of any poverty troubled society. They really have the least access to what is available, although they need considerable food per child. Then, youngsters tend to perish quite quickly from starvation. So, we must try to insure that any special food, which we provide to the needy, is directed toward the relief of desperately hungry children.

Diseases Call For More Preventive Measures

Through our process of immunization, many human bacterial diseases have been largely eliminated. Some viral diseases have also been brought under a measure of control. Fortunately, our medical profession has made considerable progress in building-up the human supply of anti-bodies that halt the attack of harmful germs and living organic compounds. Still, we suffer from various ailments, some of which are very dangerous. Strange enough, new diseases arise and complicate our health problems. Thus, we must keep working hard on more disease preventive measures.

Naturally, our efforts to control diseases require considerable pressure on those of us who give themselves the danger of serious ailments. People scarcely ever change their life styles unless they get strong feelings of wanting to make their existence more vigorous and enjoyable. Thus, our effective means of decreasing heart trouble, cancer, influenza and AIDS is certain to be a mixed approach. We must spread the information on dangers, causes, possible relief measures and the ecstasy of people experimenting on themselves to get relief.

Our heart troubles weaken our circulatory systems until we may perish because of these organs failure to distribute blood where it is needed. Usually blood systems get stopped-up in or near the hearts; materials that block important arteries or veins consist largely of low-density cholesterol. Thus, a high concentration of low-density cholesterol in the blood is obviously one of the causitive factors in these deadly afflictions. Then, our hearts, arteries and veins operate more smoothly, when the pump does not work against high pressure. This high pressure, which may be partly genetic, frequently develops from deposits when the system is subjected to nervous tensions or the oxygen concentration in the blood is low. Here, stressful work and tobacco smoking contribute to the deposit of cholesterol. What we must promote as exciting individual experiments consists of adopting a low cholesterol diet, an attitude toward their lives that is not stressful and a determination to breath air that is pure. Our efforts must include pressure for adequate exercise that keeps heart muscles in condition.

Various cancers may develop tumors in almost any part of our bodies. The results can be deadly, unless the tumors are totally removed, because their enlargement and spreading tend to block bodily activity. Radiations that might initiate tumor growth include ultra violet light, gamma rays, X rays and other invisible emissions. Another dangerous type of cancer producers consists of chemicals, which we call carcinogens, that might be introduced into our bodies. The number of fairly common carcinogens is substantial and is increasing. Some of these materials, like organic gases, asbestos dust and tobacco smoke, are breathed into our lungs. Cancer producers, like organic pesticides and dyes, are ~~eaten~~ with our food. Other carcinogens, like organic chemicals from toxic dumps, are imbibed in our drinking water. The magnitude of these hazards demands that we help give information about radiation and carcinogens wide distribution. Then, we must get as much preventive assistance as possible from government.

In spite of our substantial research on influenza and the common cold, forms of this viral disease still persist. We even have the follow-up cases of pneumonia to combat. Our flu shots have not been entirely successful. Thus, most of us have these respiratory difficulties from time to time. Now, this disease usually only lasts for a few days and is not considered an epidemic. These viruses are usually passed-on from person to person. So, our preventive action calls for us to caution people who contract the disease to stay at home until they get well. We should encourage people to experiment with flu shots as a means for providing some control. Also, use of Vitamin C as a dietary supplement at high input deserves special trial as a valuable restraining process.

People are afflicted with many other serious diseases that demand world wide cooperation for building effective controls. The acquired immune deficiency syndrome, AIDS, sends us this message by appearing as a new and dangerous ailment. An astonishing acceleration of this deadly disease is occurring in many societies. Also, it is creating enormous confusion, because it is transmitted by sex acts as well as unknown personal contacts. Further, researchers note that there are many different viral strains and some human cells become ~~become~~ directly infected, which complicates vaccine development. Still, we must do tremendous research on how to preserve our human immune systems. New diseases may continue to emerge and old diseases may become more severe. So, we must increase our sensitivity to human sickness and get more involved in developing preventive and curative measures.

CHAPTER XXIIHUMAN BEHAVIOR IS MORE IN LINE WITH SAFETY REQUIREMENTS

(How Do We Adopt Constructive Activities That Will Help Make Human Social Lives Safer, More Trustworthy And More Just?)

Human beings have suffered from unsatisfactory behavior by a high per cent of their members, probably from their very origin. These faults are so variable in nature that we may uncover many more as we evolve further. Fortunately, we have had enough development of Reaching-Out to counteract some of these defective performances. We have actually built-up substantial human cooperation in many societies. But, our problems of dealing with those of us with dangerous habits still exist and demand strategic assistance. Effective remedies are not easy and almost certainly will require our powerful efforts over a long period of time.

We Must Exert Strong Pressure Against Social Violence

Much of the recourse to brute force is the result of irritation that leads to excessive anger. When we have unhappy contacts with others and exercise poor judgement, we may become emotionally uncontrolled. Then, hatred develops and we strike back physically. But, if we are concerned about others, our anger is naturally controlled. Our good senses prescribe calmness and composure. We must adopt the turn-the-other-cheek serenity, whenever our anger mounts. In particular, we must struggle to decrease wife and husband abuse in the home. Harmony is a powerful social force for unity, wherever it is practiced.

Conforming to common practice, we may apply physical punishment to disobedient young members of our families. Unfortunately, this action has resulted in considerable child abuse. So, as deep concern becomes well intrenched in us, we can realize that effective discipline for children who disobey requires an expression of great disappointment from parents. Also, our non-violent punishment must require a statement by the disobedient children that they will not repeat their performance. Further penance should include positive action that apologies and recompenses anyone else injured by the misdeed. We have much to learn about calm means for training children to develop good behavior. Our results should be much better when non-violent responses are cultivated more vigorously in our homes.

Our society is seriously afflicted daily with individual violent crimes in which victims are severely injured or murdered. Threat of violence may be the force that created the crime and the murder may be carried-out to protect the criminal from apprehension. But, many murders seem to be planned as serious crimes. So, we have tremendous problems here. Since a high per cent of these assaults are carried-out with hand guns, we might attempt some control of these weapons. At least, if we could accomplish reduction in gun distribution, we might decrease accidental injuries and casual deaths. But, our serious crime problems are more difficult. We must work on the minds of people who might become violent criminals, because they could use other weapons if guns were not available. Obviously, we must develop richer feelings and better judgement in all human beings. Our societies must become more

united, so more of us feel like he or she is an important member of his or her community.

Our societies have developed many terrorist groups that have bases in ideologies, nationalities or religions. Their action has kidnapped, hijacked and murdered some of their opposition. But, the results have had doubtful political value and have built a serious atmosphere of fear in human relationships. Their control has not been effective, because a few armed terrorists can do a tremendous amount of damage with readily available explosives. Retribution or revenge has tended simply to organize opposite terrorist groups. We may want to tighten our security forces. But, our big job is to improve human cooperation, so we have fewer people with the terrorist minds and feelings. These preventive measures may need to focus on causes and possible cures of organized violent behavior.

In general our sex crimes, like rape, must be classed as violent. These criminals seem to be over-sexed, so they feel that their sexual desires should be satisfied no matter how destructive their act becomes. With this feeling, many of our sexually addicted join the criminal class, while their lives become largely unmanageable. Thus, those of us who are concerned must try to build an improved attitude toward the sex act. We need to promote the fact that there is more satisfaction in beautiful male-female relationships than in orgasms. Possibly, we can convince more over-sexed people that being a sex participant involves considerable responsibility and violent sex is really a shameful crime.

Our Reaching-Out Action Helps Decrease Non-violent Crime

Individual disrespect for law and order does not always lead to violence. In fact, the extent of stealing and fraud is so great that we have only rough estimates of its magnitude. As an example, some of this crime is not even detected. Then, substantial amount of robbery is discovered, but not reported, so it is not investigated. Also, significant per cent of our crime is carefully probed by police, but sufficient evidence is not obtained for conviction of suspects. After conviction, many criminals are placed on probation. Still, quite a large number of criminals fill-up our jails and penitentiaries. Just imagine the enormous number of victims who receive no compensation for their losses, while illegal acts continue daily.

Personal crime problems are so great that all of us who are concerned need to get involved in refining our societies. We must get more of us to obey all of our laws consistently. Honesty must be made more than simply the best policy. We must promote a state of mind that has no other thoughts but those that create in us the utmost integrity. Our children must play games strictly within the rules that are prescribed for the games. All of us must learn to live better, while observing all of the rules that help make a just society. Learning to make progress toward cooperation must become more important than acquiring wealth. At the same time, we should exert considerable effort to make our laws more fair and just, while they are obeyed more closely.

Gross violations of our laws have expanded into society until organized crime has penetrated many businesses. Such criminal ventures that are designed to break laws naturally operate most profusely where we have most regulations. As we have laws against consumer habit demands, which enjoy popularity like illegal drugs, organized crime has unique opportunities to break laws. But, while we are highly concerned, we have important obligations to help educate people as to reasons for obeying regulations. Our job is to promote the idea that government is not the tyrant that is trying to run our lives but the mechanism with which we can reach-out more effectively. With government help, the judgement of people may focus more on how we can build a more cooperative society.

We Make Considerable Effort To Restrict Deceptions

All remedial actions are highly dependent on reliable facts and good understanding. But some human beings have a practice of not always telling the truth about knowledge that they should possess. These people may be simply speaking out to their own advantage. Many misstatements may be just opinions. Other untruths may originate in ignorance. Whatever the origin of these lies, we have considerable responsibility to correct as much misinformation as we can. Our own knowledge requires occasional examination to discover if our ideas could be made more accurate.

Objectives of some misstatements may be to defraud those of us who are gullible. Deceivers may hope to obtain more than they deserve from others who get little in exchange. This cheating

does much to destroy human relationships. So, we are under obligation to use every opportunity for helping to restrict lying and dishonesty, especially when the poor are the ones to suffer. Equal justice in every human exchange process is an important goal. But, the poor require special consideration when honesty is at stake, because they lack resources.

Administrators in government are quite useful in providing important assistance in relieving human difficulties. However, our dishonest people can sometimes bribe those in authority, so these public officials act as vested interests when dealing with problems. We have made progress, but our political system is still quite vulnerable to corruption. Candidates for public office require an astonishing amount of money to pay for their campaign expenses. Thus, anyone who provides a large sum for a successful campaign is in position to influence actions of the elected official. With this corruption, we must keep working on problems of dishonesty in government.

Our Action Is Firmly Against Habitual Use Of Illegal Drugs

Our society has serious afflictions that originate from the wide use of habit-forming high drugs. We have quite a number of these chemicals that are on the underground market and each has its own set of problems. But, we focus our preventive ideas²⁵ using generalizations that show how desparate these drugs make our society. The maximum number of human beings must be more like their normal selves and capable of making better decisions on all questions.

Most effects of various high drugs on our physical well being must be considered undesirable. Our evaluation of these effects should concentrate on changes in body functions that may take place as drug users become enslaved. Here, most reports suggest that users show general deterioration of their health. After a person becomes an addict, physical skills and control of motion usually diminish, even if discomfort lessens. Our real addicts often show their lack of vitality within a short time after a drug injection, which calls for another treatment. We may observe our addicts getting restless and elusive, when they are in groups where people are against drug usage.

Mental states of all high drug users tend to suffer considerable impairment, which situation should be avoided. Some evidence indicates that addicts make statements that are not very accurate. We can observe the inclination for them to display little power for concentrating on work. Then, the most serious mental loss that drug users may display is lapse in judgement. This type of deprivation may show-up in many other undesirable human behaviors. Addicts may indulge in violence and violent crimes; they may need to rob or steal to pay for their drugs; they may join the ranks of the corruptors to make their drugs available. Organized crime may be with us as long as people retain the mental state of high drug users.

We cannot anticipate what happens to the emotions of high drug users, because our friendly contacts with them are seldom easy. Apparently, addiction tends to inhibit deep feelings that most of us have toward fellow human beings. Friendship seems to be

restricted to others, who have the same drug habit. Also, addicts may become easily excited or they may display undue anxiety. Further, they may show flamboyance or they may exhibit melancholic depression. Thus, our principal impression of people who have become heavy users of drugs is their change of personalities. They may want to be left alone; they may want to join a gang; they may want to receive excessive recognition. We have enormous emotional problems with addicts that call for an astonishing amount of effort to discover some effective remedies.

We Disapprove Common Indulgence In Harmful Legal Drugs

Possibly half of human adults drink alcoholic beverages occasionally, which practice creates many serious social dilemmas. Of these problems, some are short ranged and others are quite prolonged. Their apparent irreversibility is linked to three things, the substantial alcoholic beverage business, the existence of this indulgence in some of our cultures and the reality that drinking can become a habit or a disease. Thus, any efforts to make progress in lessening intemperance keep encountering considerable resistance.

Some estimates suggest that more than one tenth of our drinkers become alcoholics, which is a catastrophic number of sick people. Alcoholism is probably among our most prevalent diseases. We have some means for detecting cases of alcoholism that are not completely scientific. Still, our victims do consider alcohol as a best friend. Also, alcoholics must have more drinks, when others might think that they have had enough. So, drinking

becomes a compulsion that takes-over the lives of those who develop the disease.

After a drinker acquires the compulsory disease all kinds of problems may be aggravated. Alcoholics may show considerable lack of physical control. Fatigue may become a common occurrence and some of them may have a tendency to black-out. Also, cirrosis of the liver is a customary complication, which may produce bleeding to death. We cannot expect our alcoholics to do a good job of thinking, because they often suffer from some brain damage. Their memories are usually quite poor, while their judgements are inferior. Furthermore, emotions of alcoholics may become quite insensitive. They may get more than the usual amount of alcoholic depression and they may even separate themselves from non-drinkers.

Some complicated factors make some people susceptible to alcoholism. Social attitudes of many alcohol drinkers promotes this indulgence, without bringing-up the danger of a disease. When we attend some meetings, drinks may be pressed on us without asking questions about our problems. Alcohol beverage businesses carry-out extensive advertising campaigns to build-up the attractiveness of drinking, but do not mention the hazards. If a child is raised in a home where a parent is an alcoholic, this child has a greater chance of acquiring the disease than one raised in a non-habitual family. Still, we do not know how influential genetic factors may be in making drinkers into alcoholics.

Fortunately, we have Alcoholics Anonymous that provides a valuable environment, which enables many alcoholics to recover

from their disease. This important organization consists of members who want to stop their alcohol habit and have an urgency to live a normal life. Some alcoholics may need medical treatment to deal with side effects. But belonging to an organization where members share experiences as compulsive drinkers can make progress in dropping the habit more realistically. While highly concerned, we must spread the word that prevention is the best way to deal with alcoholism and AA is the best step toward a cure.

Even moderate drinkers at social get-togethers may present us with problems, when they imbibe a little too much. We can expect a number of them to lapse into a state of alcoholic depression. Another group will engage in loud talk and even louder laughter, though the conversation does not call for this reaction. Then, too often we have indulgers that become a little violent and take part in fisticuffs that require restraint. Also, if our group has both male and female members, we can usually observe that alcohol over-sexes some people, which does not better the situation after the party. General observations detect that alcohol impairs short-time judgement and physical skills of over-indulgers. Thus, we need some careful controls at alcohol abundant parties.

We have too many drivers that are careless on highways, while reports indicate that only a minor per cent of them are drunk. Never the less, this small group of intoxicated drivers has been found guilty of killing more than half of the people who die from auto accidents. Drunk drivers killing over 25,000 people in one year is a strong condemnation of drivers who drink. Our corrective efforts must focus on this problem to give our society a good life-saving service.

Many people have a common practice of smoking cigarettes and this habit requires our sending-out careful warning signals. Our respiratory systems are so important in our bodily activity that we should try to keep them in the best condition. At least, we should be suspicious of a habit that lines our lungs with tobacco tar and puts excessive amounts of carbon dioxide and toxic carbon monoxide into our blood streams

Probably we should be quite worried about the evident effect of smoking as a cause of lung cancer. For twenty years we have had the Surgeon General's report on the pronounced increase in incidence of lung cancer among cigarette smokers. Now, we have expanded this evidence, so some experts believe that smokers have almost twenty times the chance of non-smokers to develop lung cancer. This lung disease is serious enough to make all smokers stop their habit. Still, the per cent of non-smoking males and females has not increased enough over the years. So, we will need to improve our spreading the knowledge of how wonderful it is to have clean lungs without any tumors.

Since lungs are gas-transfer organs for our circulatory systems, we must not be surprised that tobacco smoking has unfavorable effects on arteries and veins. Our circulatory systems have so many problems that we have difficulty sorting-out individual sources. But, when most of the damaging conditions are considered, studies suggest that smokers have twice the chance of non-smokers to have heart attacks. This estimate gives us another reason to encourage people to drop the habit. We must all work hard to keep our arteries and veins in more satisfactory condition.

More women taking-up the smoking habit opens-up another question, whether pregnant women who smoke might harm their fetuses. This question has one immediate answer. Any tar, carbon monoxide or excess carbon dioxide in a pregnant woman's lungs will not improve her fetus growth. Apparently, we have little evidence that a child of a smoking mother suffers much lowering of physical ability. But, some studies suggest that the mental aptitude of a child, born of a smoking mother, may be diminished. Thus, we must try to get more information on this subject, while we encourage pregnant women to give-up their smoking habits.

Our Homeless Receive Help For Safety

Our efforts toward economic cooperation are complicated, because many of our poor have such low incomes that they are homeless. Many of these people are unemployed and need help to find work. A substantial ^{number} are from separated families and have been abused until they had to search for relief. Then, some have drug, alcohol or mental problems. Thus, an important approach to providing living quarters is to try preventing the need for homeless projects until people can go to retirement homes or convalescent hospitals. But, we have the serious requirements fully developed and somewhat expanding. The difficulties tend to be local and the programs that might provide solutions usually demand help from private organizations, including churches and social service groups. Here, the organizations would help furnish the necessary housing and the volunteers to operate the program. Also, we must work hard to get city governments to participate in the homeless solutions, before the situation reaches a crisis.

CHAPTER XXIIIWE WORK HARD TO CONSERVE OUR NATURAL RESOURCES

(Can We Preserve Our Earth With Its Supply Of Valuable Materials
Its Mass Of Living Things And Its Wonderful Seenic Beauty?)

As our population grows larger, we have increasing problems of conservation that are facinating to solve. These difficulties are being aggravated, because our societies tend to be quite wasteful. When we exploit our attractive country sides, our concerns for protecting nature may disappear. While we operate our vehicles, household appliances, power plants and chemical industries, we may forget about preserving our air, water and land. If we find a valuable natural resource, our tendency is to move-in and use it up. Reversing these tendencies is relatively laborious, but our effective conservation efforts give us glorious feelings of working for a better future.

We Must Preserve Most Of Our Beautiful Scenery

In many sections of our country we have highly inspirational views of natural wonders that we must work hard to protect. Enrichment of our feelings from observing these beautiful landscapes may be difficult to describe. Still, our future generations must be allowed revelations of what amazing scenes we have on the surface of our wonderful earth. So, we must exercise better custodial care of these marvelous areas of our geography.

Mountains seem rather secure from human damage. But, we must avoid harming them, even while we are searching for valuable

minerals. Tops of mountains, whether or not they are covered with snow, form a topography that reveals a remarkable vision of creation. Various cliffs and peculiar rock formations give us a delightful sense of meaning in their shape. But, some mountains may be preparing to erupt as volcanoes. So, we are obligated to keep track of what is happening down underneath. We want mountains to treat us with safety, while we preserve their beauty.

Canyons with their picturesque walls contribute enormously to our visual pleasures. We can even delight in observing the streams of water running down many of them. When these streams form water falls, this view can double our enjoyment. So, such fascinating scenes must be secured for an indefinite time to come. Our descendants need to experience the inspiration of deep narrow valleys.

Shores of oceans, rivers and lakes, with their visual charm require planning for the future. Among the important considerations in these plans are the structures that we might allow near these beaches and banks. Our concern for scenic beauty requires that we try to keep most of our land-water edges free from buildings that would detract from their scenic charm. Further, we must pressure society to keep both water and land of our shores relatively clean and free from trash or hazzardous chemicals.

Deserts contribute substantially to our picturesque landscapes and need a great deal of protection. Sagebrush, Joshua trees and palm trees are very pleasurable parts of our desert views, which we must preserve. Then, deserts require our action

to sustain their ability to produce a variety of wonderful flowers without cultivation. Saving these marvelous sights is necessary for our posterity.

Forests offer attractive visual rewards to us as part of our earth's remarkable scenery. All of those different kinds of trees in mass have the pleasurable effect of surrounding us with gorgeous leaves on wonderful branches. When these trees grow bigger they are more impressive. But, nature takes a longer time to grow a bigger tree. So, we must plan well for the future of forests by doing better jobs of preserving the beauty of these massive tree areas now.

Our Efforts Must Protect Most Of The Various Living Things

An astonishing number of plants and animals grow on earth and we are obligated to see that a high per cent of them are kept alive. Not surprisingly, some of these species are hazardous to human beings. Certainly, we could get along better without those disease producing micro organisms and viruses. Many weeds and grasses cause us considerable trouble. Some insects are not our good friends and certain reptiles most of us think we could do without. Still, a vast assortment of living things must be kept in balance, because they need each other as long as they exist. Also, our present living beings give us connections with the past.

We may never discover all of the beneficial effects that we get from harmless micro organisms. They seem to be nearly everywhere carrying-out important transformation functions. At least, these living things have done wonders in converting unused organic

matter into valuable materials, like coal, natural gas and petroleum. So, they help us in our disposal of organic wastes, which process may become an expanding source of energy. Thus, we must stay alert to the possibilities of getting more assistance from these microscopic divisions of life on earth.

The enormous importance of many useful plants is well recognized by all of us. Vegetables and roots are very valuable parts of our food supply. We might possibly be able to live successfully on just vegetables and roots. At least, other animals survive by only eating plant food. Then, our cotton plants will probably furnish us with cloth for a long time. Also, we have a large number of botanical species that produce beautiful flowers in our yards. Our lives are highly stimulated by having flowers around where we can see them often. For various types of construction, tree wood is our main building material. Houses and furniture may always be made partly out of timber from our large trees. Protection of all useful plants demands our conservation efforts.

We sometimes forget the hidden reason why we are so extremely dependent on keeping a massive supply of plants growing on land and in oceans. We and other animals use oxygen out of earth's air to produce essential energy in our bodies. Then, our users return part of the product gases to the atmosphere in the form of carbon dioxide. Next, our plants complete the important cycle by taking-up this carbon dioxide, converting it to oxygen and releasing the oxygen back into the atmosphere. To avoid any serious green house

effect on our planet, we will need to work on plant conservation problems for the length of our stay on earth.

Wild animals may not receive our greatest concern that is devoted to living things. But, they deserve some of our preservation efforts, because we must try to understand better what is happening on our earth. When we get acquainted with the diversity of animal life, we can develop a feeling of wonder that human beings were able to evolve until they were capable of ruling our animal kingdom.

Our domesticated animals receive an astonishing amount of human effort to make them secure. We frequently treat our dogs and cats as though they were our children. So, their survival in our pet hungry world is assured. Then, cattle furnish us with beef and leather that will be part of our lives indefinitely in the future. We get valuable meat and wool from sheep, which will make us take good care of these animals. Also, hogs offer us a source of meat that we will conserve with care.

While we are more intent on conservation, we must pay better attention to animal life in oceans, lakes, rivers and other waters. Fish are important foods, but are difficult to keep track-of. So, we must carry-out extensive and careful studies to determine if we are protecting them from extermination. Such investigations require chemical tests to determine effects of impurities that we put into near-by waters. Also, we must discover if fish are reproducing at a rate that is high enough to replace what we eat. Operations to catch these aquatic animals has expanded until, without careful world-wide regulation, we can expect that some will become extinct.

Many birds may require considerable support, if we are going to maintain their existence. Of course, chickens, turkeys and ducks are important parts of our food supply, so they are almost certain to receive adequate protection. But, flocks of other birds that have beautified our air over the millennia require studies to determine if their lives are becoming less stable. Present evidence suggests that various flying species are having a difficult time surviving. Thus, we must assume more responsibility for fitting all birds into our overall environment.

We Try Harder To Save Our Soils For Tomorrow

Most evidence indicates that our production of food from our farms has increased over the recent years. But, now we must worry about the price that we may be paying for our production procedures. In the past farmers have used crop rotation, in which every few years they would raise leguminous crops to fertilize and add humas to the soil, while its erosion was slowed-down. Now, we usually harvest the same food crop year after year on the same land. Of course, we provide fertilizer by adding needed chemicals to the soil. Still, the thinning layer of soil that becomes lower in humas may get to where it will not support our food plants. Working on these problems is an opportunity for individual owners, because much of our farm land is private property.

Incentives for soil preservation that we must promote definitely include benefits for attempts to decrease erosion. Here, we hope that farmers will keep their land covered with plants for a longer time. This practice should decrease loss of dust from

the surface of the soil. Our efforts must also try to persuade farmers to control the carrying-away of dirt by water from rain or irrigation. Apparently, this moving water causes most of our soil erosion.

We must try hard to make it profitable for farmers to increase the humas content of their soils. This decomposing organic matter may have multiple beneficial effects on crop growth. The consistency of the soil is improved; the materials necessary for plant growth are usually more available; the soil is able to retain its moisture content better. Then, the nutrition value of the product might even be enriched. Some special kind of plant rotation to instill humas may result in little decrease in the production of food.

Feasibility should be explored of increasing our farm land acreage by chemical treatment of clays. We may be able to make fertile soils out of dirt, which presently contain too much clay so they do not have the consistency of productive growth media. Our object would be to find treating chemicals that would make clay safely act more like fine sand, so treated soils would pass water relatively easily. Treated soils might need more humas than present farm lands, but might be made quite productive. We must try to create more farm areas to produce food for an expanding world population.

In some farm areas salts have accumulated in the soils with devastating effects. This problem demands that we make major efforts to eliminate such soil pollutants. Most of these areas have

obtained their water by irrigation and the salts have deposited as the result of water evaporation. In these areas, we must support all attempts to wash salts out of the soil, so the land can be farmed again. In addition, we may need to revive soils where other contaminants have ruined their productivity.

Many Wastes Demand Our Special Attention

While trying to conserve our natural resources, we must realize that our societies are quite wasteful. Some of our highly useful substances show signs of disappearing. This situation may not be immediately serious, because we probably can find more of these fading materials by exploring earth's crust. But, the future undesirable results of our wastefulness are so great that we must get highly involved in conservation. Such expanded activity becomes more essential, when we consider that our earth's population will continue to increase and be more immersed in high technology.

When useful components of wastes can be recovered and used over again, we must promote such practice. Actually, we have made a start on this salvaging by recycling some paper, steel, aluminum and glass. But, this recovery process needs to be applied to many other valuable materials and must be expanded substantially. Nobody knows how much longer we can be an extravagant society.

High per cent of our household wastes consists of organic matter that we place in trash containers or flush down sewers. Here, our misfortune is that much of this material can be converted to natural gas and humas by bacterial action. So, we have an obligation to collect much of this organic matter and treat it with

bacteria that will generate these valuable commodities. Our societies may need to use natural gas and humas as long as they survive, and much of this technology has been known for many decades.

Our industries have deposited an astonishing amount of toxic materials in land-dumps, rivers and oceans. Such toxic chemicals placed on land may get into ground water. We have difficulty discovering these water polluting incidents and can only speculate about what might be the worst outcome. But, some of these chemicals have the reputation of causing birth defects and cancer. So, our responsibility to restrict this contamination is growing significantly. We must look forward and plan for more of us to have purer water, in spite of our population explosion which will greatly increase our demand. Then, fresh water not only suffers from contamination, but is wasted when we have an adequate supply. Consequently, we may be in desparate trouble providing ourselves with this essential material in dry years, if we do not expand conservation.

Our various nuclear power plants and bomb development projects create radioactive wastes that present serious problems. Accumulating these hazzardous substances is dangerous enough, their transportation adds greatly to human peril and their final disposal has become a real safety puzzle. Handling all radioactive wastes requires very careful control. For certain, we must discover safe ways to bury these materials, so the effects of their radiation will not reach our future generations.

Combustion of some fossil fuels introduces pollutants into our air that are quite demaging to our ecology, as we discussed before.

Among the most common of these gases that mutilate living things are sulfur dioxide and intermediate nitrogen oxides. Oxygen in the air converts them into acids, which are damaging to plants and animals as well as our mucus tissue. Evidence keeps accumulating that these acids are built-up in the air of some areas until their precipitation becomes acid rain in lakes and forests. Thus, the full ill effects of air pollutants demand our immediate attention. We must try to decrease the seriousness of our air problems before they get worse.

We have an enormous availability of energy on our earth's surface and in our earth's crust. But, we seem to choose the practice of using-up our rather irreplaceable fossile fuels, instead of learning how to apply renewable sources to satisfy our increasing energy demands. Biological plants are using some of the sun's radiation for their growth and we might use more of them to produce our energy. Actually, we are beginning to capture more of the sun's radiation, so we can use its energy directly for heat and indirectly for electricity. Also, our wind power has been of considerable importance in the past and now seems to be making a come-back. Still, we must keep the pressure on public utilities to expand their application of renewable sources of energy. Resources that are indefinitely available or are easily replaceable must not be so largely overlooked.

CHAPTER XXIVWE STRUGGLE FOR SOCIAL EFFICIENCY AND POLITICAL RESPONSIBILITY

(How Do We Make Our Friendly Contacts With Those Who Are
Some Distance Away From Our Immediate Surroundings?)

Our Reaching-Out almost always extends further when we work through effective widespread organizations. Naturally, the important requirement is that each of our associative groups is responsive to our problem solving process. Much of the time our efforts to help people require the action of a group or a government before progress is real. We have such complicated social problems that solutions frequently demand concerted operations. We may even need governmental authority to manage and finance many of our problem solving experiments. Our rewards may be greater, because we are working in a group and are obtaining concerned government help.

Some Efforts Direct Us Into Private Community Organizations

We must join special community organizations, each with its distinct objective for helping people. One local problem that requires much attention from private groups is improvement in our educational systems. These organizations must also try to make parents become more active in training their children well. Others must endeavor to compell community people to be more concerned with their handicapped, who are physically, mentally or emotionally disadvantaged or just elderly. Most of the people with these troubles can become better integrated into our societies. Then, we can get a great deal of satisfaction from feeding the hungry and helping the local poor find housing. Some of our groups help the community reduce abuse in our families and crime in our

neighborhoods. Such problems might well receive much more corrective attention, along with improvements in our ecological well being. Thus, we have multiple choices for local involvement in relieving difficulties.

Numerous opportunities for involvement in local organizations make our decisions as to which ones to join quite complicated. One strategic approach is to discover which groups are working hard to improve the most serious community problems with which we are concerned. Then, we might try to evaluate the effectiveness of these interesting groups. Here, our efforts might also try to determine how our membership might increase their helpful cooperation. However our decision is made, we must get involved in groups so we can extend our helpful activities.

We Must Become Active In State-Wide And Nation-Wide Groups

Among our expanding activities is the need to improve our educational systems. We must support organizations that struggle to make citizens better trained to work on all of the serious problems of our day. Our nation-wide knowledge and skills must be elevated above the basics, as important as they are. All of us require more ability to comprehend what is going-on in our world, if we gain a higher degree of liberty. Also, all of us must have equal opportunities to learn more and understand better, if we move closer to that democratic principle of equality.

One of our important responsibilities is to attempt to make college and university training less expensive, so it is available for more students, and better, so graduates are more skillful

protection citizens have

problem solvers. Presently the cost of going to one of these private institutions is so great that many students must borrow a large amount of money for their expenses, which they can scarcely pay back in a decade of work. At the same time, these people with diplomas may need to learn a lot more. Various types of employment in our societies are enormously dependent on highly trained employees. The demand for highly trained workers is increasing quite rapidly and this requirement may continue to expand, as technology gets more complicated. Thus, we must try hard to implement a means for making all higher education cheaper and better, so our societies can meet their requirements for improved cooperation.

We must work in effective activist groups to create more nearly equal justice in our entire society. Our attempts to eliminate discrimination have accomplished improvements rather slowly. So, we have some distance to go before sex, race and religion do not distort some treatment of people. Our treatment of the Equal Rights Amendment to Our Constitution indicates that national groups dedicated to struggle for justice must learn to exert greater force. Democracy seems to be quite dependent on improving social justice.

Although our elderly have Social Security Insurance and Medicare health support they need more assistance. We must become involved in groups that demand better programs for helping old people remain financially solvent. Most of us who live long enough to retire have difficulty coping with our lack of job income, economic inflations and other financial problems. The need for basic fairness has caused us to establish our Social Security as a means of helping to solve the difficulties of the elderly.

But, this type of helpful program will require considerable increasing support and enrichment for a long time in the future.

We have a welfare program for the poor and handicapped. But, we need groups to study how well this project is working and how well it is protecting disadvantaged people from hunger and homelessness. Another opportunity, which must be studied, is the chance that these people can be trained so they can become more active participants in our economy. We could always use more impaired people in the service sector of our exchange systems.

Our concerned groups must develop more health interests, because health care costs have been increasing at rates greater than increases in our cost of living. Also, we could use considerable assistance in the realm of obtaining preventive information to help us guard our health. Sooner or later all of us will require professional health services and hospital care. So, our group efforts must apply pressure on doctors, dentists and hospitals to provide improved services at limited costs. Possibly, all of us should receive health insurance. We must keep these helpful efforts going, because satisfactory services are justified, even though all of us may not take care of our own health with equal skill.

When we join organizations that work hard for economic stability, our deep concerns may bring real rewards as in the past. Throughout our history government has subsidized most businesses. Authorities have considerable control over fraud, monopolies and employee safety in industrial areas. Presently, we have a number of government programs that have contributed to the soundness of our

production, distribution and consumption, as a result of group pressure. If a recession threatens us, we feel somewhat protected by unemployment insurance, welfare, bank deposit guarantee and other government services. Our Federal Reserve Board even exercises some useful direction over our money supply. Now, our efforts must lobby for further means to stabilize our economy. If some administration wants to boost defence spending, we must make clear to the people that tax payers must pay this bill as well as paying for essential social services.

Group pressure on government has helped us get several household services. So, power, light, telephones and water are available for practically all of our residences in the USA. We even have light and power services out on the farm under the Rural Electrification Act. But, our efforts must pressure authorities to exercise more control over the cost of electricity, gas and telephone services. Hopefully, much of our power can be obtained from replaceable sources and most of the useable materials can be reclaimed from our sewage and trash. Our group pressure must insure that we are provided with pure water in sufficient quantity for all household use. Conservation must be an important part of our efforts for household services.

We are seldom successful in preserving our ecology without group pressure. Our precious environment does not receive the best of care and we must develop more cooperation to make progress in this area. Many protective efforts meet with opposition from industrial interests that want to sacrifice beautiful nature for business purposes. Thus, our groups must work hard to keep our mountains natural, our forests beautiful, our deserts blooming,

our shore lines charming, our rivers and lakes pure and our air wonderful to breath. These efforts must last for a long period of time and must be combined with work to control the population explosion.

As the population increases, we need to be active in organizations that work on our transportation problems. Concerted attempts are necessary to make highways and streets better and safer. With this effort public transportation may become a more important means for conveying us around incities. Most adults may want cars and most ~~most~~ businesses may want vans or trucks, which may over-crowd our thoroughfares. Then, high speed train travel may become a more valuable means for cross country transit, if power becomes cheaper. Also, air trips may require more supervision under group pressure to make them freer from danger. All kinds of conveyances may develop more problems.

Expansion Of Cooperation May Demand Better Action By Government

We have discovered that our effective Reaching-Out for any distance is highly dependent on government carrying-on much of the action. As individuals and even private groups, we have limited power to make helpful contacts with most of our folks in trouble. These limitations are usually due to insufficient financial funds and lack of authority to apply remedies. So, we must call for government to step into the gap and provide the necessary power, as well as action, to produce social improvements. Fortunately, our democracy, which we say is government of the people, by the people and for the people, can be made to respond frequently to our calls for human assistance.

At least, we have authorities that are elected by the people. So, we must realize that the people are behind our government and this position gives us enormous responsibility. Whenever possible, we must elect officials in authority who help us reach-out further. Depending on the administration in power, our authorities tend to @scillate between a highly helpful and a do-it-yourself-greed response to human need. Thus, our job is to try hard for governmental improvement at every election.

One of our primary concerns must be to elect government officials that receive communications acurately from people they represent. We do not want those in office to be sales persons, who largely try to get people in agreement with their personal ideas. In addition, all of us must have correct information about situations that confront us. Then, we need to transmit our ideas about what might make things better to our governments. Naturally, we must try to elect authorities who will listen closely to people they represent and respond favorably to the ideas of the majority.

For real justice we need governments that are possessed with good judgement as to how our problems should be rated in importance. Some of our problems demand immediate attention, while others that are serious require more gradual action. Most levels of authority have more difficulties than they can work-on with the money that is available. Thus, good decisions as to what difficulties must be solved first require considerable experience helping people. So, our efforts must concentrate on electing officials who can make very wise decisions.

As the amount of help that we get from government is valuable, we must try to obtain authorities that are more efficient and more effective in problem-solving. Most of our problems require considerable skill from all workers who are applying possible solutions. So, we must try to put those in office who will develop high degrees of competence and productivity.

Our governments must collect income taxes to have sufficient revenues and we always hope that these impositions will be relatively fair. Problems of making taxation a just procedure will be around a long time. But, rather obviously what we pay to our governments ought to be determined largely by the size of our yearly incomes for several reasons. Governments usually deserve some credit for any greater financial well-being; those of us with larger incomes frequently get more services ~~from~~ authorities both directly and indirectly; when we have greater earnings fairness calls for us to make more contributions to social improvements created by governments. Still, justice demands that most of us contribute and this large participation requires enough fairness to close most loop holes. The complex calculations are not very practical for making most tax reporting procedures just.

As a general process, our property is taxed at a determined rate of a legally assessed value. So, our main concern here must be that all properties are assessed quite fairly. At least, we must not have two adjoining properties for which the less valuable one is assessed at a higher figure than the more valuable one, which is common in California under Proposition 13. Property

owners receive special local services, so they should feel responsible enough to contribute a fair share of our government's income. Still, we should make some effort to keep most of these taxes available for services in our local communities.

Our sales taxes are imposed rather simply, so governments get a percent of the sold product's value. One feature that helps make this tax fair is that it is usually not applied to food commodities. Then, we can always hope that all states will have equal sales tax rates, which would prevent sales tax confusion at state boundaries. For a special purpose, we can discourage consumption of cigarettes and alcoholic liquors by increasing their tax rates. Also, our trucks and automobiles need good roads and bridges to travel on. So, our tax on gasoline should be high enough to keep our highways in good repair. However, sales taxes offer tough problems and we must struggle to make them more just.

For over five decades we have had Social Security taxes taken-off of our wages and salaries, which is like our paying government retirement insurance premiums. Fortunately, this program has turned-out to be an enormously valuable structure in our society. With elderly receiving retirement payments, it is an effective stabilizing force in our economy. Still, we must work hard on all of its problems. Social Security must be kept on a sound financial basis and government must not be allowed to use this money for any other purpose. Then, Medicare must be expanded considerably, if elderly people are going to be able to receive adequate health care. The per cent of our population that is in the elderly category will increase in the years ahead and this

means their difficultie will demand more of our attention.

Public opinion strongly supports government charging license fees from people with various service standards. Professionals who meet minimum standards for their skills deserve government recognition and the public needs to know that they are licensed. Also, those of us who are skillful in driving cars should be willing to pay for being licensed drivers. Our cars and trucks require some protection and legal indication of ownership. So, we buy our license plates and contribute to our state supported transportation systems. Other license fees may be necessary to give consummers more confidence in important services.

Govermental income and expenditures should call for strategic balances. Local and state authorities almost always require their finances to show more revenues than disbursements. But, our federal government has accumulated a debt that has reached two trillion dollars. This amazing financial situation demands positive attention and does not call for decrease in taxes and increase in military spending. From a money stand point, the present federal debt might be at a magnitude that would help stabilize the economy. Also, we might expect that the size of this debt would go up and down as the consumer exchange processes get weaker and stronger. But, all of us must realize the long-time effects to the degree that we are willing to pay more taxes. We aught to be anxious to pay-off the principal as well as paying the interest.on the debt.

As our social needs are so great, we have strong obligations as citizens to work for leaders who are understanding and responsible. We must try to get more people in public office who comprehend the extreme importance of really representative governments. Hopefully, more of our officials will grasp what is needed to make better progress in solving all social problems. Also, we might need to elect more of our powerful leaders, like the Chairman Of The Federal Reserve Board, who is largely responsible to Congress. Then, even if our governments show some effectiveness, but display some corruption, we must try to eliminate any illegal activity. Our help from governments must conform quite strictly to our laws. If we find that it is quite necessary to change the laws to get administrative help, we must try to change them.

PART VREACHING-OUT DEVELOPS BETTER INTERNATIONAL RELATIONSCHAPTER XXVWE INCREASE CONTACTS WITH OTHER COUNTRIES

(How Can We Get Better Acquainted With All Of Those Other People
By Reaching-Out?)

Our human contacts become more expansive, when we acquire first-hand familiarity with more people around the world. Occasionally, we are enchanted by useful information that comes from other national sources. Then, our friendly messages to people in other countries can be quite stimulating to us. These wide contacts emphasize the reality that we are living in one world and that we must get along peacefully together.

Personal Study Gives Us More Information About Our World

Some of our interesting reading gives us information about the geography of other countries. We have pleasant entertainment looking at a globe that represents our earth with its continents mapped-out. Oceans, seas, gulfs and bays separate the mainlands. So, we can see how little land is available for people to live-on and how spread-out human beings really are. Our countries that are near the equator are shown to be naturally warmer for living things than ones that are far away toward the north or south poles. Mountain ranges and rivers provide some information about the people that live near-by. Other pictures of the land disclose part of the distribution of living things.

Presently, we can discover what various people look like in other countries. Our major source of this visibility is the TV screen, where we may see all kinds of people from around the world. Also, frequently published photographs give us visible surveys. These visual contacts disclose that most inhabitants of our globe in the human realm look a great deal alike. The slight differences in our skin color and facial features are tending to promote less discrimination, because we find that variations in appearance of all human beings are quite normal. There are so many people from other countries who have settled in the USA that moving around our country gives us first hand impressions of most races. Our knowledge of others increases still more as we meet them when they are traveling our areas.

Our knowledge of other human beings expands, when we read newspapers and magazines that tell us important things, which are happening around the world. Many news media explore locations of countries and types of people that occupy them. Then, over a period of time their reports give us accounts of how people live in various other countries. This information on a regular basis does much to make us feel closer to all earth's occupants.

We Learn More About Other People By Visiting Them

Information about world's inhabitants expands considerably when we travel to other countries. As we wander around in a foreign land, we have substantial need for helpful contacts and useful instruction. Some of the things that we must learn are information about where we are going and how we get there. For this

purpose we must get better acquainted with people in their own background. Naturally, such contacts give us information about their surroundings as well as the people themselves.

On our arrival in an other country, we get an introduction to social organizations, even though we must use tourist facilities. Local agencies give us some information about what interests the people, particularly their historical sites. Our roaming around soon gives us some idea about how the people work together. Those that we contact frequently disclose their social attitudes. Also, we learn something about their freedom of expression and their feelings for each other. Acquaintance with those we contact can grow rather quickly when feelings are friendly in both directions.

While visiting in a foreign country for some time, our knowledge of their business structure can expand. By just looking around, we see buildings and streets where transactions occur. Then, when we buy something, we get direct enlightenment about problems of the consumers. The standard of living in various areas becomes fairly apparent. Also, we may be able to get some ideas about possible economic development. Traveling around our globe is an important means for broadening our close experience with people.

Wider Friendly Contacts Teach Us To Communicate Better

Improving communications with other people is a complicated operation. But, we must overcome language differences and keep talking pleasantly. Then, our best means for up-grading messages is through acting in a more friendly manner. This enrichment in attitude demands that we eliminate most of our negative emotions.

Also, we must try to lower any emotional barriers that may be set-up by those we are trying to contact. We attempt to accept favorably everyone all over the world, without discrimination. Our warm words must indicate that all people in our world are very important. Hopefully, some news reports will spread-out our friendly feelings. Then, whenever possible we try to get our governments to express concerns about people world wide.

With our world contacts, we make strong efforts to overcome prejudices. So, if our country has policies that create obstacles to to our friendly messages, we make every attempt to build mutual sympathy that generates reciprocal good will. Our communications can improve, when we admit personal and national errors while we are apologetic. We appreciate people, even when their interests and ideologies are different from ours. Words and actions must express what is to the best interest of all people we are approaching.

For better intimate communication, we can promote more people exchange programs. When foreigners spend substantial time in our country or we live for quite a period of time in a foreign country, considerable information goes back and forth. Exchange of college students may be among the best of these programs. Such students would be in superior positions to get acquainted with those that they contact. Direct communication with anyone, to whom we are in very close contact, gives our friendship a better chance to become quite warm.

CHAPTER XXVIOUR UNDERSTANDING OF OTHER PEOPLE SHOWS IMPROVEMENT

(How Does Reaching-Out Enable Us To Discover What Makes People Behave According To Their Patterns?)

As we get better acquainted with people in other countries, we try hard to understand their attitudes and why they act as they do. All of us are mixtures of every factor that determines human behavior. So, our job of getting to know why strangers conduct themselves in different patterns is not easy, but is highly rewarding. We must develop warm feelings for everyone, even if we do not like their mental attitude or their personal conduct. Being friendly is a key to getting down inside human beings where they make most of their decisions. Our special search must be for ways to help people become concerned enough to work for a better world.

Our Studies Try To Grasp Other Peoples Variable Reactions

In any country, what has happened in the past has left a strong impression on the present population. Thus, we need to explore the history of each country in order to start our understanding of its people. When we discover some of the major difficulties that a nation has had to face, we can appreciate its public anxieties. After our inquiries reveal that a nation has made many accomplishments, we comprehend its pride and joys. If we look deep enough into a society, we can uncover the origins of its prejudices. As our knowledge of the world grows wider and deeper, we can get a better sense of goals that draw people together.

Different social and political factions exist in every country. In particular, all of our politics has liberals and conservatives as discrete opponents. Quite often the problems that are confronted have considerable social importance. Thus, we are obligated to understand both sides of most social issues and to make judgements as to what problem solutions would be most effective and most just. We do not challenge authorities, but attempt to help democracy make better progress.

We Get Acquainted With Religions That Dominate Societies

Religions have strong impacts on the personal behavior of members. Thus, various beliefs may obstruct some of our efforts to understand more people. Doctrines of many religions establish much control over national cultures. Thus, we may have difficulty discovering all of the regulations that are placed on human behavior by these structured faiths. But, our efforts to unearth and surmount religious barriers must expand.

Complete disclosure of faiths is infrequent, but we discover that practically all religions have a common area in their doctrines. These beliefs include some programs to make life better for human beings, which we must strongly support. Most religions promote friendliness, but many exercise pronounced discrimination. Thus, we may need to work our way around prejudices, before we can be friendly with some people that we contact. Our reception may not be very warm, if we do not adopt strategic approaches. What might be regarded as peculiar behavior usually creates barriers that are difficult to surmount. So, our approach to other faiths may

require a certain amount of reconciliatory kindness. Hopefully, expanding trade and economic cooperation will become powerful tools for generating good will between religions.

In a number of countries people of one religion have taken-over practically all of governmental authority. This situation has caused our work for friendly international relations to struggle for better understanding of all faiths. The religious-political systems make members of the national religion into a privileged class. Still, our friendly efforts must make contacts that reach all people. In such action, we must not appear to be entering religious disputes. Thus, our international relations problems include learning how to treat all religions justly. Most of these beliefs are changing slightly with time and we must attempt to keep-up with the changes.

Our Contacts Discover Effects Of Ideologies On People's Responses

As we really try to understand foreign people better, we must get acquainted with their value systems. Things that citizens value most tend to vary considerably from country to country, which creates factions with different ideas of what is good and what is bad. Quite naturally, some of these ideas that divide people are in the economic areas. Other concepts of what constitutes the best part of human life cover socio-political programs. So, our problems of comprehending how people behave always become fairly complicated.

In our democratic countries we can uncover highly divergent economic ideas. Some of these people tend to be socialists and want their governments to own and operate many businesses. Then, we could probably find citizens in various countries who would like to keep governments out of all businesses, even as subsidizers, researchers or controllers. Still, a majority of citizens in countries where government is quite representative favor a hybrid economy similar to ours in the USA. So, when we are making our contacts with people in democratic countries, we must take into consideration their varied economic responses.

When we approach people in countries that have autocratic governments, we usually discover that the authorities have strong influence on their economic systems. Under rigid dictatorships, economic systems usually move strongly either one way or the other. If our central power takes-over all businesses, we have our present day communism. The spread of communism in the world presents a special problem for us to develop friendly relations with people in these countries. But, the hazards of modern war make the development of these friendly relationships quite essential. Then, in case the political dictator does not take control of many businesses, we may have a dual political-economic autocracy. Ruling authorities and despotic wealthy business people support each other through their dominating activities. So, our foreign contacts must determine both the nature of the government and the kind of economy, before we can understand what is going-on in a country.

We Struggle To Overcome Racial Discrimination

Unfriendly responses from diverse people may originate from racial differences, which makes some of our contacts quite serious problems. Because of this ancestral prejudice, we have substantial responsibility to bridge the bias gap between races, so we can make wider warm contacts. Our efforts must work in the direction of having all people accepting all other people as equals regardless of race. We must discover origins of all racial prejudices and try to overcome the discrimination that has resulted.

Better understanding people of other races tends to start with our getting acquainted with ones whose talents we enjoy. Then, we need to have a measure of association with these enjoyable people, which begins to develop some unity. If this relationship produces mutual interaction that attains considerable cooperation, progress may become quite real. Working together is an important part of our friendly human relationships between races.

CHAPTER XXVIIWE EXPAND OUR WORLD TRADE AND ECONOMIC COOPERATION

(What Kind Of Influence Does Reaching-Out Have On The Business That Is Going-On Around The World?)

While we are trying to improve our USA economy, we must struggle to make all countries better developed. Such increased growth rewards us as well as people in under-developed countries. Our experience has taught us that world economic and social stability rests largely on all people indulging in better economic cooperation and developing better standards of living. At least, we must make vigorous attempts to eliminate world hunger. Then, global increasing demands for goods and services, with world wide expanding opportunities for jobs, might slow-down our succession-recession cycles and our moving around of world populations. Appreciation of other people grows faster, when we have a better balance in exchange of goods and services between all nations. We are all living in one world that is effectively getting a lot smaller

Our World Is Becoming More And More Interdependent Economically

Raw materials for manufacturing as well as energy resources like oil, gas and coal are not spread-out uniformly in our earth's crust. This diffusion of important materials does not even have a pattern. So, quite a number of our underdeveloped countries are lacking in many of the resources that are necessary for them to advance technologically. These nations may need to import large amounts of such essentials and become specialist manufacturers,

in order to advance in the world economy. Some of them have one or more valuable materials that they can export to pay for some of their imports. But they would have stronger economies, if they developed more of these export materials and imported more goods ~~goods~~ to satisfy their consumer needs.

Every developed country does not have all of the necessary materials for its production industries. But, manufacturing companies in such countries are able to discover where they can buy these essentials on foreign markets and are able to import them for their usage. Then, after producers manufacture their products and satisfy local markets, they are able to export the excesses to where there is a demand. We cooperate to make the economic interchange between developed countries more substantial.

Our interdependence is even more complicated by our great mixture of diversified nations. Developed and under-developed countries must work hard for a measure of equality in the standard of living for their people. Thus, our world economic situation places considerable cooperative responsibility on developed nations. Improving economic development requires increasing technical know-how, which demands more investment to expand education and to start technical industries. Thus, developed countries are under great obligation to provide these valuable donations to under-developed countries. Our special economic goal must be to build a highly cooperative trading organization of world nations.

Some growth in technical know-how may start with a large company moving part of its manufacturing from a developed to an

under-developed country. A limited number of people may be given valuable industrial training in this process. But, a more important indication of economic progress is to have more manufacturing and service organizations become established in under-developed countries. Our need for this type of progress makes the expansion of education for poor people of great importance. We must work hard to spread the ability to solve problems much wider in all countries.

We Work For Balanced World Trade With Minimum Restrictions

We know that all countries are economically quite different. Now we are learning that, by expanding balanced international trade, we can increase world contacts and improve world communications. Friendships usually flourish during advantageous buying and selling of goods. World unity has a good chance of growing stronger through harmonious business acquaintances. At the same time, our strategy must encourage developed societies to help under-developed countries acquire important functions in world trade. But, we have restraints that need observation in order to make balanced international exchanges do their best job of drawing countries together.

One practice that we must try to restrict considerably is for countries to force economic ideologies on traders. On our economic right, we have capitalists who want all countries to adopt total private enterprise economies. On the left, we have communist countries who want others to have complete socialism run by dictatorial governments. Irrationality in these hard attitudes is becoming more and more apparent. Our USA government has

stimulated and subsidized its businesses substantially for centuries. Now, our federal authority even saves big corporations from bankruptcy. Then, we learn that the Soviet Union and China are introducing an increasing amount of private enterprise into their economies. Apparently, leftist countries have discovered that people working for themselves can fill-up some of the gaps in their socialist businesses. With this information, we can expect under-developed countries to come-up with their own hybrid economies that function fairly well while they keep-on evolving into something better.

Our efforts must work to achieve relatively good trade balances with minimum international import restrictions. As our standards of living among nations begin to become more nearly equal, we must try to eliminate protective tariffs. Probably, countries that can make things cheaper should be allowed to put them on the world market at lower prices. In addition, we must focus our endeavors on keeping all of the various national currencies at a relatively stable value. Then, all countries may be able to participate in international trade fairly equally. We might even try to organize a structure for reciprocal exchange of goods and services.

We have given ourselves a start in world trade negotiations with our ninety two nation organization for General Agreement on Tariffs and Trade. The purpose of GATT is to stimulate international trade by getting member nations to establish fair business practices, which might abolish most tariffs and quotas. Thus, our efforts

must encourage this organization to improve their progressive action in more economic exchanges. Our present enormous international trade deficits call for continuously fairer adjustment of any restrictions on business between countries.

Among international exchanges that world trade must subject to more control is the high-drug traffic. Several countries have the export of these drugs as one of their principal sources of income. At the same time, general understanding reveals that consumption of high-drugs, alcohol and tobacco smoke creates some of our most serious social problems. Naturally, these habits demand substantial reduction in consumption. But, we must also cut-back drastically on the amount of high-drugs that appear on the world market. This action requires countries, which have these materials as their principal source of income, to develop other valuable products for international exchange. We need to build more cooperative trade relationships around the world to make the necessary progress in solving drug problems.

CHAPTER XXVIIIWE STRUGGLE TO IMPROVE HUMAN RIGHTS AND RESPONSIBILITIES

(How Does Our Reaching-Out Improve Our Chances For Developing Greater World-Wide Justice?)

When we make friendly contacts with more people, our efforts must help to settle more of their just claims as human beings. Around the world many people are not independent enough to exercise rational control over their lives. Much of the time the major source of unjust regulation is government. But, always we need a representative government to provide us with rights and freedoms, which might be in danger from private sources. Thus, our pressure must try to increase the fairness with which authorities treat all of those under their leadership.

We Work For More And Better Democracies

As important objectives, we must try to expand existence of governments of the people, by the people and for the people. These representative leadership organizations should have their obligations carefully defined by a constitution, so people understand what their rights are according to the laws of their country. Then, the officials at the top of the structure must be elected for a limited term in office by the free vote of the people. Thus, the strength of any democracy depends greatly on how well informed people are about what is going-on in their world. Hence, while making friendly contacts, most of us must get involved in training people, so they understand more about difficulties that confront all countries. Further, our contacts must try to build

responsibility in voters to exert progressive pressure on their elected officials.

Our examples of action in the USA and our friendly directions to other countries must promote the election of most leadership that helps build world cooperation. After top officials are elected in democracies, they are in position to exert considerable influence on their public. So, we must enrich our democracies by making it possible for people to make correct estimates regarding the problem solving skills of all candidates who come-up for election. Then, we must try to get all eligible and informed people to go to the polls and vote. Our leaders must really represent the majority of their people quite accurately.

Even relatively representative governments require frequent inspection. At least, we need to survey our elected officials for corruption. Without complete honesty, those in authority may use their power to acquire special personal benefits. When we learn of this dishonesty, we must attempt to remove these corrupt people from office. On occasion, those in authority indulge in censorship, so important information does not reach the public. Then, the public must be able to discover that such misinformation is actually incorrect. At least, a democracy can be improved if important ideas are not concealed just because someone in authority does not like them. Also, we must strive to eliminate governments that say that they are going to do something good and then do the opposite thing or fail to provide adequate funds for the good project.

Freedom For People Around The World Comes Into Our Focus

One of our important goals is to increase liberty around the world, so people can do what they want to do inside rational laws, if they do not interfere with the freedom of others. Wonderful freedom from rigid controls focus gives us responsibility to become acquainted with laws and regulations, so we know the rules that various people must obey. Also, we are under obligation to determine what action of ours might clash with someone else's rights. All of this information needs to be broadcast, as freedom is calling for considerable help in a large number of non-democratic countries.

One section of our plans to expand liberty must include promoting freedom of speech around the world. All of us must be allowed to say what we want to say, as long as we do not lie or slander someone else. Human conversation is a very important means for communication and is quite necessary for exchanging information. But, we must allow people, who do not want to answer questions, the right to refrain from talking. As human rights expand, our spoken words must be largely placed under our own control.

Most societies have newspapers, magazines, radio and television that send-out regular reports of events and ideas to people. We should endeavor to give them great freedoms, provided their general articles, stated opinions and news items are accurate or open to argument. All of us need more accurate information about what is going-on around the world. We certainly must not have censorship to hinder the spreading of important knowledge to those of us who must learn useful facts for solving problems.

Another essential fairness doctrine that our world must adopt more widely is the freedom for all religions. Our pressure must promote justice that allows each person in all countries to develop his or her own belief. We might even encourage evolution of new love-devoted religious convictions, so some of us will embrace more inspiring faiths. Through this process, more of us might absorb principles of helping people as a means for putting more compassion in our lives.

Our efforts must expand the rule of separation of church and state. We struggle to decrease religious discrimination in politics, which exists in some countries around the world. Freedom from religion must become as valuable as freedom of religion. Countries, where one religion is quite dominant, must be motivated to develop friendly relationships with other countries having different faiths on a cooperative rather than antagonistic basis. We must not have any more religious wars.

We can never expect that all people will be treated exactly the same by other human beings. But, our compassionate concerns must center on world-wide elimination of discrimination because of race or sex. Any tendency to separate people according to these distinctions is strongly opposed. We need much more association between members of different races, so we can create much more unity among human beings. Definitely, members of each sex must be given comparable social and political treatment. Judgement of ability or skills, according to a person's race or sex, must be rejected as quite illusory. Our attitude toward various races and the two sexes must develop enthusiasm to think that human beings

have evolved with such divergent structure. We should all enjoy our variability instead of exploiting it.

Our world may always have some poor people who are lacking in many of life's useful goods and services. So, our duty is to promote more societies where more people are free from desparate deprivations. Such freedom from want is valuable in all physical, mental and emotional areas. We will make important contributions to humanity by combating disabilities, hunger, mental disorders, ignorance and hatred around the world. These efforts may help to decrease the incidents of all sorts of human afflictions.

Most of us have occasional anxieties that disturbe our boldness of feelings. But, we must commit ourselves to work for a world in which all people have minimum fears. Naturally, one of our objectives is to get everyone to observe all of the safety precautions that are well known. Also, we must attempt to prevent the build-up of new hazzards. And, such important ambitions must focus on keeping people from being afraid of other people. Our attitudes and actions must help create an atmosphere in which all people in our world are friends who need each other.

We Learn How To Support Expanding Human Rights

Human rights have considerable complexity that can be put into operation better in more effetine democracies. But, we must be powerful advocates of learning how to expand segments of justice all over the world. We can scarcely make our societies too fair. So. substantial progress in human rights is essential even though quite difficult.

After individuals are born, their right to life must be one of our major concerns. Not only must children have their lives safe, but they must be free from abuse and must receive good instruction and loving care. Then, human rights must be extended over people's life times, although we may not have very much influence on how adults take-care of their own lives, even if we struggle for this capability. Most of the lives that are lost too soon are their own responsibility. Still, our endeavors must try to make all human existence more secure. We can get some of our most thrilling experiences by saving peoples lives. Also, we get our deepest depressions learning about people who are killed during hostile action that should have been avoided.

Internationally, we must take our efforts toward human rights into homes and personal properties. As our world population increases, we must help people obtain more privacy in their possessions. Also, our obligation is to improve police protection from illegal acts world wide. Although, we do not want police to invade our homes without illegal provocation. In addition, people must have rights to safeguards-from-fires by effective fire departments. All of our homes should become safer and more like what we want them to be.

We struggle to give all people a chance to have greater influence on their future. The goal is to build a world in which all of us make better decisions about plans for life that is to come. Our procedure must work for universal training and education as a right for all human beings from the cradle to the

grave. Everyone has a right to learn more about what is going-on in our Universe. In addition, we all have the responsibility to understand our Universe better.

Our work must be quite energetic in improving the political section of human rights. Naturally, responsible people obey their countries laws. Thus, on a wider scale those who are accused of not being legal must have the right to a fairer trial by a jury. To accomplish any political improvements we must also push for universal sufferage. Then, even if everyone in the world, who qualifies as to age, acquires the right to vote, they must be given the right to understand the issues. We must endeavor to make voters learn how to answer questions better and go to the polls and vote for better action. At the polling place, each correct vote is for the best of the possible decisions. People must be trained to realize that all governments, even the best democracies, can always be improved.

In the economic realm, any expansion of human rights encounters special difficulties that depend on the economy of the country. We might try to develop societies in which all people are permitted to start-up businesses for themselves. But, this right must be backed-up with adequate organization and financing. Even in countries having mostly private enterprise, numerous businesses are given subsidies or protection by authorities. Supposedly, enterprisers require the consent of the people before governments have the right to help start-up businesses. Still,

all economies need more ways to employ more people. Our great concerns give us feelings that everyone who wants employment should have the right to a job. In addition, the types of regular employment must be work that people can enjoy doing. Hopefully, all human jobs would have the possibility of leading to better ones.

While expressing our responsibility, we make our messages quite clear that all people have the right to better health care. Our medical profession has discovered means for preventing and healing a substantial number of diseases. So, we must encourage it to keep working on forestalling and curing other ailments that afflict human beings. These studies require contacts with people who are willing to cooperate in developing treatments for diseases and in improving prevention by enriching human nutrition. Our widely spread hunger problem has two related aspects, lack of adequate amount of food and insufficient quantity of essential nutrients. So, we must make strong efforts to distribute food crops more evenly around the world. Then, we must join the struggle to train more people to adopt more nutritious diets. All of us must have the right to consume a more strategic amount of all essential food constituents. Still, even if we use good disease preventive measures and have good diets, we may have accidents or difficulties with getting old. Thus, all of us must have rights to emergency health care that will put us back into society, when it is possible.

CHAPTER XXIX

WE MAXIMIZE TRAINING IN PROBLEM SOLVING

(Why Does Training People To Have Warmer Feelings And Better Understanding Accomplish More Than Teaching Them To Use Force?)

While we are Reaching-Out further, we discover that people all over the world need to learn how to solve problems better. The magnitude of the confusion appears in evidence that modern problems are quite complicated. At every stage of human problem solving the difficulties are highly interrelated, they usually call for action by groups and they require careful application of warm emotions. The conclusions are clear that we must devote much of our efforts in training people how to make the world a friendlier place to live. Whether these schools should be public, private or religious raises questions that must be answered by measuring their effectiveness.

Our Training People Builds Greater Awareness Of Difficulties

We start teaching people to become more conscious of their difficulties by giving them visions of a possible beautiful future. Then, we try to convince them that working for such beautiful future is a mode of living that can give them great satisfactions. This realization helps people evaluate most situations that they confront with question marks. Their appraisals are certain to uncover many conditions that are relatively undesirable and must be improved.

As we help people learn more about the possibilities for

human accomplishments, they begin to search for paths that lead to more worthwhile lives. At this point, they can exercise better judgement as to whether or not they are on roads of improvement. Adequate awareness of our being on any of life's paths that need amelioration is a valuable first step in problem solving.

Difficulties may arrive suddenly, because of something that people do or some unfavorable act that is done to them. Thus, our instruction must prepare those that we contact to recognize and accept these critical situations quite promptly. Such rapid acceptance of special incidence requires careful training in most of the other steps in problem solving.

Increased Anxieties Call For More Instruction

After people become aware of their difficulties, we must teach them to build warmer concerns about adverse situations. Our efforts must try to help those, who recognize their troubles, so they will decide to use peaceful means for finding corrective measures. We must promote the type of anxiety that calls for friendly involvement in relief. All of us must realize that we need to work more effectively on our own problems, both emotionally and actively. Warm feelings are essential for most successful results from any remedies that may be attempted.

While teaching the need for deeper concerns about difficulties, we must point-out that fear is an emotion that requires considerable control. Very much apprehension may stop peaceful corrective action and stimulate violence. So, people who are learning to solve problems must try to discover what causes their excessive alarms.

Hopefully, we can help them exercise friendly courage and avoid any timidity that is easily provoked. We must try to convince everyone of the emotional value that is obtained from being daringly fearless. Most solutions to human problems call for bravery in those who are working on the answers.

Included in our instructions we must help all people learn how to control their tensions that lead to anger. Any strong resentment about what happened makes problem solving quite difficult for anyone. Thus, our efforts must help others anticipate all kinds of unpleasant difficulties and plan constructive acceptance of even the serious ones. We want everyone to acquire concerns that both suppress bitter feelings and propose peaceful actions. In particular, any remaining anger should be directed toward situations rather than against individuals or other people.

We Emphasize Everyones Need For Maximum Knowledge

People are stimulated to obtain increasing knowledge about what is going-on in our world. This information may become useful for each of the steps in problem solving. Thus, we want all of the informational materials that we exchange with others to be as accurate as possible. So, we accept opinions as opinions and run tests to check the validity of important knowledge that may have a measure of factuality. Such study should attempt to connect people with the problems that are being approached.

Some of the important news with which we must become acquainted relates to physical happenings. Thus, our information

about human difficulties must include the unpleasant event, the place where action occurred, the timing of the remedial process and the final result. While working on serious problems, we must learn as much as possible about any action that might be needed to achieve more improvements.

When pain or disability are involved in problems, we must promote prompt remedial action. So, we must plan training courses for those who are willing to provide relief in emergency situations. Human life is full of crises and adequate skill in providing necessary relief is seldom immediately available. This skill would provide valuable information to everyone who can be prepared to render important assistance.

Routine security talent can be quite useful in dealing with common difficulties. So, we have obligations to teach others to observe all of the safety precautions that are well known. Lack of observing routine safety measures is a serious social dilemma. Also, the knowledge that needs considerable distribution is the information about where to find the additional assistance that must be used. Learning about something remedial is often not very difficult, if you know how to find-out what it is.

If the information that problem-solvers need is hidden in a foreign language, we should help them obtain a translation. So, we should help promote the development of a world language, which would greatly improve world communication. Then friendly messages would have language as a means for direct transfer of knowledge between countries, like music sends-out warm emotions.

While we instruct others in obtaining knowledge, we are obligated to encourage them to examine emotions that may be involved. Facts of life frequently are modified by emotions that accompany the actual enlightenment. So, all of us must learn how to discover the warmth or the bitterness of the feelings in the information that we obtain. Emotions hidden in the possible facts can be quite useful for good judgements of situations. The most valuable human decisions are highly dependent on the warmest information.

Some of our complicated impressions are embedded in the variety of different ideas that we have about economics. Thus, our instruction of people must teach them to identify what they learn regarding a society as possible facts having association with ideas about the business structure. This identification is particularly important when the information that is being examined is opinions of those with rigid economic points of view. Much knowledge has different meaning for people with different ideas about what type of exchange transactions must govern an economy.

In most countries politics confuses much knowledge that people could use in making many important decisions. One baffling type of communication obscurity, which we get from those who are either in authority or are trying to be elected to office, is information that is inaccurate. Then, comparable frustration arises when valuable information is kept secret. We must become active in trying to make the maximum amount of valid social facts available for consideration by all concerned members of any society.

Even then, these probable facts must be subjected to frequent tests of validity. Our information becomes more valuable as it survives repeated examination.

Investigations into the validity of probable facts about human associations require some study of their social origins. Any evaluation of information may need to consider religions and cultures where the knowledge originated. Beliefs of people can make quite an impression on their ideas about community situations and their attitudes toward others with different beliefs. Any acceptance of diverse information about people makes it possible to increase the friendliness of human contacts.

Training Focuses On People Understanding Problem Solutions

While instructing others about problems that may afflict most of us, we must emphasize the need for better understanding of what is going-on in our world. Difficulties are almost always in motion, so some situations are getting better and some are getting worse. Further, many problems come to our knowledge suddenly, while they reach our comprehension quite slowly. Thus, we must try to help others grasp how advancement takes place. Understanding problem solutions becomes an important step in determining what everyone must do to make progress. This instruction must struggle to make others more competent and more prompt in making decisions that improve their individual and social conditions. Such remedial actions should be based on principles that can be tested and then modified, so they are more effective.

One important approach to understanding how to relieve human difficulties requires development of warmer feelings. When we are subjected to unpleasant, painful or dangerous conditions by others, our response must exercise special control over resentment. Our anger must be directed toward the action, which created the offensive situation and not toward the people who carried-out the action that aroused the hatred. When the importance of diverting negative feelings from aggressors to their aggressive actions becomes clear, people can acquire better understanding of solutions for problems. As a result, reconciliation is realized as a much more effective remedy than violence in healing offensive situations.

Many people have the frustration of not receiving special recognition that presumably they might obtain by being winners. So, our instruction must spread the word that relatively few people are big winners. Also, our teaching understanding must concentrate on directing others how to get satisfactions by doing progressive work more effectively. Of course people might be pleased, if they were able to increase their incomes by accomplishing economic developments. But, our inner rewards can be much greater from the realization that we have made contributions to the welfare of society. We do not need to get rich from economic actions or from gambling to get the enormous possible excitement in living. Our deep understanding discloses that the greatest gratification in life comes from our helping to make social advancements, particularly on a regular basis.

A universal call for understanding how to solve problems comes from the fact that everyone in the world has personal safety difficulties. The capability and vigor of our bodies depend greatly on the materials that we put in, the exercises that we perform and the accidents that we avoid. Thus, our efforts must promote the idea that understanding human nutrition gives everyone the background for discovering how to improve their diets. Also, our good health requires the perception of avoiding the hazards from drugs, tobacco smoke and alcohol, which we might think of putting into our bodies. Then, grasping the need for subjecting our many muscles to regular forceful motion provides us with incentives for building physical strength. We learn that exercise can help us maintain the vigor of many bodily activities. Further, all people must learn to limit their risks of having serious accidents. Increased carefulness of human behavior is essential to decrease the rate of human disasters. Our lives need more training in how to achieve maximum protection from mishaps that we might avoid.

While we are distributing information about human body disorders, we might start at the top of the list of malady hazards. Circulatory difficulties seem to kill the most of the normal people around the world. So, we are obligated to dispense knowledge about how people can keep their hearts and circulatory vessels in good condition. We do not want many people to build-up big deposits of cholesterol where their blood should flow freely. All people should postpone their heart attacks as long as possible. Also, cancer shows signs of increasing its attack on human beings. Chemicals that promote the growth of cancers are becoming more

common in air, water and food. In addition, the high frequency radiation that creates cancerous growths needs considerable control. As we know, atomic warfare must never start. But, the bombs and the nuclear power plants have produced wastes that are becoming a problem. Also, we must keep screening harmful radiation from outer space. People could get along better without cancer. With the acceleration of acquired immune deficiency syndrome this catastrophic health problem has speeded-up our search for preventive and curative measures. The understanding of the complicated action by AIDS is in a state of confusion, but is subject to considerable study. We must keep close contact with the results of research on vaccines and remedies for this disease. Then, we must transmit the information to people who might help to eliminate this severe health problem. Many other health problems need an enormous amount of research to make human beings more secure.

Understanding possible cures for human difficulties frequently requires many individuals to assume responsibility for working with others. So, we must demonstrate that the willingness to assume useful roles in social organizations requires human rights for all people. We try to make people understand that working with others must build an expanding spirit of human cooperation. Our world must become more united, if we can expect many serious problems to disappear. In particular, racism and sexism must be eliminated before we can obtain increasing strength of human collaboration.

CHAPTER XXXWE STRIVE FOR PEACE THAT GETS MORE PEACEFUL

(What Unifying Force Does Reaching-Out Provide For Bringing All Nations Closer Together As A Harmonious Group?)

People have adopted a variety of meanings for our occasional absence of war, which is usually called peace. But, when we are highly responsible for harmony, our concerns are for a world where all international relationships are friendly and improving, while internal revolutions are accomplished without violence. Everyone would agree that, if we have a war going-on that is killing people, we do not have peace. But, those of us who are most anxious to stop aggressions cannot say that we have peace when our country is engaged in an arms race. The spirit of an arms race has all of the negative emotions of a cold war and few friendly feelings for people. Hatreds and fears of the enemy are built-up on both sides, each just waiting for the other side to start the killing. Our arming to be stronger than an enemy makes the enemy increase its arming until it thinks that it is stronger than we are. So, our efforts must reverse this dangerous trend until we eliminate our enemies by making them better and better friends.

We Oppose War Because It Has Become Quite Irrational

Peaceful relationships between countries, ethnic groups and ideologies have disclosed the rationality of friendly communication. Where serious differences have developed between possible antagonists, reconciliation has eliminated negative feelings and has been an effective means of avoiding violence. Hostility has become insane,

because it breeds alienation with accompanying hatreds and fears of the opposition. Then, if violence breaks-out, peaceful negotiations become quite difficult and usually absurd. Fighting a war is certainly the wrong way to develop peace that becomes more peaceful.

Our country has had wars in which the losers were the ones who started the conflicts. The Civil War, Spanish American War, First World War, Second World War and Vietnam War are examples of this irrationality. Few people would admit that any of these initial assaults were reasonable, when obviously their chances of success were relatively poor. Still, the popular nonsensical argument for superior military capability states that no country would attack an enemy unless they were certain that they would win ~~the~~ the war. So, we must work strongly against this super strength measure of security. History tells us that most wars are started when fearful pressures and hateful feelings get great enough to make the situation outside the area of sanity. No one knows what amounts to military over-power or how much over-power provides security.

Of course, we have had wars in which the winners were the ones who made the first attack. In some of these conflicts, the contenders struggle for years and the winners just out-last the losers. We have difficulty rating these conflicts as rational, because the resolution is usually determined by the winners developing more deadly weapons during the encounter. Now, a world war would largely become a contest to see who could come the closest to wiping-out the human species and devastating our earth.

Occasionally a war is an incident in which a superpower moves violently into a situation in a small country to make political changes. We have an example of such tactics in our war against Granada. In this case, two questions arose rapidly, was the attack legal and was the war a strategic way to settle the problems that provoked the attack. The legal question would be difficult to answer without a stronger world government. But, many treaties do exist that prohibit this type of action. Also, such performance displays terrorist mentality. Then, international punishment of a small country by a large one without a warrant seems far removed from world justice. Peaceful means for settling such disputes must be possible. At least, a country that is dedicated to human rights should be more energetic in spreading its doctrine using the peaceful reward approach.

Wars Seldom Accomplish Goals Without Subsequent Peace-Time Action

After some wars winners have achieved a few worthwhile objectives. But, indicators suggest that wars do not accomplish important things that winners were fighting for unless the winners provide after-war support for needed changes. As one example, our first world war eliminated the Kaiser and enabled democracy to make a start in Germany. However, lack of special economic and social assistance enabled Hitler to come into dictatorial power. In contrast, after the second world war, in which Hitler was driven from power, substantial assistance and economic cooperation helped to establish a stable democracy in Germany. The USA Marshall Plan seemed to work wonders by creating a spirit of peace in part of the world.

Past experience shows us that war has not been a good means for solving international or internal problems. Over the years we have discovered that human differences require friendly communications before good settlements are possible and peace can become more peaceful. During any controversy, we must struggle to promote friendly negotiations without war, because we must have friendly negotiations after a war to make any progress toward peace. Too often we do not want to pay this essential after-war price that should have been paid without any conflict.

A Major War Has Become Increasingly Catastrophic

Violent engagements between opposing armies probably could never have been accurately classified as moral. Even in the old days, sometimes the society on the losing side has been devastated. But, in the twentieth century, with the development of the bombing airplane, the long distance artillery, the submarine and the nuclear bomb missiles, wars have become more and more destructive and vicious for both sides. Increasingly, warfare kills more women and children than military personnel. Then, large cities may be subject to massive demolition. Even in a non-nuclear conflict the action may be focused on ruining the whole structure of the enemy.

Now we have the terrible hydrogen bombs and the long distance missiles that can carry these explosives many thousand miles. The enormous destructive capability of one nuclear explosion is difficult to estimate, even though we have used less powerful bombs on Hiroshima and Nagasaki. But, we have tested our super bomb under ground and keep learning more about its monstrous hazards, The

most optimistic estimates of any nuclear war damage are quite frightening. Actually, the destructive effects have many disastrous parts, the first being the murderous and material havoc around where the bomb explodes, others including the enormous extermination of life by radioactive radiation and the nuclear winter. These possible demolitions must be considered with the knowledge that of the USA and the USSR each probably has over five thousand nuclear bombs. Each super power presumably has the capability of firing about a thousand bombs at an enemy in a very short time.

Concerned people dare not allow a nuclear war to break-out between USA and USSR. But, if this disastrous event should occur, both sides would start firing their many thousand bombs. Our USA bombs would be aimed at areas that we think might damage USSR most and the USSR bombs would be aimed at important USA targets. So, the physical destruction of buildings would be enormous. Then, fire would probably ravage what the explosions left broken into pieces. The per cent of people killed quickly would be great in the radius of ten miles from each explosion. Soviets might have some advantage in the explosion exchange's initial results, because their country is larger than the USA and they have more and smaller cities. But, the enormous damage from the war would have just started.

Bombardment with nuclear weapons might stop before all available bombs are fired in a war. but killings would go on. In such a catastrophic war, a tremendous amount of radioactive dust would be thrown into our atmosphere and would move around our earth with currents of air. Then, thermal and radioactive effects

of this dust blanket would contribute substantially to earth's devastation. Our earth needs carefully controlled temperatures. Thus, a thick layer of heat screening materials would cause considerable human damage that would augment radiation destruction for some time. Reasonable estimations suggest that radiation from these particles and the earth would cause cancer in practically all remaining human beings. All damage from this hazzardous radiation would be prolonged. The dust would fall on the land and the oceans, so all life on our earth would be in jeopardy.

We might want to judge if any human beings could survive a super holocaust. But, such a verdict is impossible to verify, because of its complexity and because we do not dare to test it. While working for an expanding peace, we need to accept the strong probability that a nuclear war would reduce earth's human population to near zero. Then, our serious inquiries must be about what kind of an earth this conflict would leave for any possible survivors. Here, our conclusions seem to be all negative. Those few who might be left behind would have little respect for whoever was responsible for the massive destruction of human beings and their resources.

Preparation For A Nuclear War Is Beyond Human Credibility

With the deep feeling that a nuclear war must never occur, we realize that a cold war is a terribly wasteful way to work for peace that gets more peaceful. Money spent on our side of the arms race may be a minor per cent of our gross national product, but is a substantial per cent of the federal government budget that people pay for. As examples of the cold war wastes, businesses that are

involved in production of arms are making things that never get to the consumer. Ordinary people will certainly have difficulty obtaining any peace time value from armored tanks or nuclear submarines, certainly not from nuclear bombs that we dare not use. Then, we are not acting toward our social well being, when education, research, planning and technology are highly devoted to means for killing more people.

The Strategic Defense Initiative (Star War) plan to destroy nuclear missiles headed for the USA offers little help for peace or a halt in the arms race. Such development has little likelihood of reaching its protecting objective and fails to improve human relationships. Star War must develop beams of lasers or particles that will ^{destroy} only nuclear bombs at a great distance; it must locate a large number of beam sources around the country's perimeter; it must probably need to build these sources in space; it must discover that a missile is coming that has a bomb; it must determine where the bomb will be when SDI can hit it; it must aim the destructive beam correctly; it must provide adequate care to keep the firing mechanisms in good condition to launch the beams. These are monumental research projects that transmit great negative feelings of suspicion and dread.

Most indications are that Star War will not put us on the road to peace that gets more peaceful. The chances of this defense system destroying a high per cent of nuclear missiles that are aimed at USA are quite poor. This space umbrella could scarcely detect cruise missiles that are launched from submarines near USA shore. Our enemy might accelerate the production of nuclear warhead

missiles to increase the probability that many would penetrate the Star War system. Besides, the testing of the Star War system is certain to be so complex as to reveal technical errors and mechanical malfunctioning. When in place, this defence system might accidentally destroy a peaceful scientific space ship. Certainly, the cost of Star War development and operation would reach extraordinary magnitude. Further, such defence system project sends the wrong message to our enemy. They might think that the USA is planning a first strike capability, when they realize that USA does not abide by the 1972 ABM treaty. Peaceful international relations require much better feelings in communications than the fear which demands complete protection.

We Increase Our Peace Promoting Efforts Efficiently

Our peace promoting efforts should become more efficient, when we follow a special program of expanding friendly fellowship. At first we should become aware of the need for a better relationship with a possible enemy. Then, we should realize that these people are loving people and we should develop more compassion for them in our feelings. This warmth of feeling should make us determined to understand what might make our relationship too divergent. Then, as we understand the things that separate us, we should resolve to close the gap by helping the people we are approaching with their problems. As we help with these difficulties, the excitement of cooperation should grow until the relationship becomes quite expansive. Both parties obtain the rewards of the improved situation.

The cooperation can bring increasing satisfaction, While working together, people can augment their understanding of what controls others. Then, this greater insight can make the emotions still more loving.

Warm human emotions may suffer the most from a spirit of aggression or unpleasantness. Our peace that gets more peaceful requires that our world must build-up faith, hope and compassion to overcome distrust, fear and hatred, which we have in our cold war. Hostility just does not move us toward harmony and peace. All people have their rights to different ideologies and religions, if they are not antagonistic. So, we must pressure all countries to adopt more friendly conciliatory feelings toward other. The USA has given us good illustrations of the possibilities for warmer feelings between ideologies. We have built-up friendly relationships with Communist China, while intensifying our enmity toward USSR. Our action toward China is increasingly cooperative and peaceful, while we keep preparing for a war with the Soviets. Negotiations and summit meetings might produce more understanding and cooperation with both countries. But, the requirement is enormous for better relations with the Soviets. We do not need to approve the communist ideology. But, the Soviet relationships with USA must expand trade, exchange more cultural activities and improve cooperation with warmer feelings. The message is clear that we must work hard to create peace that gets more peaceful, even when it is quite difficult.

PART VI

REACHING-OUT IS AN IMPORTANT FUNCTION IN CREATION

CHAPTER XXXI

WE DECIDE THAT OUR UNIVERSE IS BEING CREATED BY ITSELF

(How Does Our Universe Operate So That Our Reaching-Out Process
Makes Improvements In Much Of The Action That Is Going-On?)

When we develop a broad concept of Reaching-Out, we require this process to include any action in the Universe that makes changing situations work for something better. This inclusion comprises a monstrous amount of cooperation among the enormous number of constituents in our cosmos. Thus far, our discussion has specialized in exploring the values of cooperation in individual human behavior, family vitality, social responsibility and international relations. Now, we must generalize briefly the enormously diverse operations in the creation of our vast Universe to disclose the extent of its creative improvements. This search will refer to radiation and structures that are making better performances, interactions that result in substantial cooperation and forces that keep the Universe in its development activity. Any conclusions about how well organized the Universe really is may be opinions. But, the existence of interactions in our cosmos is quite easily recognized in most creative achievements.

Our remarkably vast and totally wonderful Universe is in a colossal state of creative activity. Scientific studies reveal that these systematic achievements take place in the tiniest

particles of each atom, which may be the quark. At the same time, enormous cosmic effects show-up in the billions of galaxies, most of them so far in outer space that they are visible only through powerful telescopes. Fortunately, our own earth has given us many intimate experiences with creative changes that have occurred over the centuries. So, we can conclude that our Universe is creating itself all the way from the sub-sub microscopic to the super-super gigantic operations. Every billion years, every million years, every century, every year, every day and every minute our Universe is different. We can easily imagine that this remarkable creation process will continue to the end of time, whenever that arrives.

Structures And Materials In The Universe Show Creativity

Valuable structural interactions demonstrate that creation obeys rules that make the Universe continue its dynamic progress. Studies of outer space indicate that the largest organized components of our Universe may be the galaxies, of which a gigantic collection occupies the vast space. Our observations of these distant galaxies indicates that the diameter of our Universe is billions of light years. Further consideration of distant galaxies in motion signifies that our Universe is expanding at tremendous speed, although slowing down. So, interaction between the galactic structures is changing rapidly according to laws of the Universe. This enormous action suggests the possibility of a mammoth original creative blast that got the Universe Started.

Our study of space has recently been made more exciting by the discovery of black holes. The importance of these special

constituents of our Universe in the creative process requires more study. But, apparently black holes have a valuable role in keeping the vast assortment of galaxies performing as prescribed by creation. The over-all creative action in space may need an escape route.

Each of the multitudinous galaxies consists of a myriad of solar systems that have arranged themselves in somewhat elliptical clusters. All of them are irregular in breadth, but are separated by vast stretches of space. Our Milky Way galaxy maintains its configuration of solar systems to a degree that indicates considerable interaction between members, one of which is our sun and its planets. All solar systems must be obeying rules that preserve the formation of their galactic clusters. Our Milky Way shows signs of progress in continuing this creative process.

We are more familiar with solar systems, because our wonderful sun has its group of familiar planets that travel in elliptical paths around it. Our daily observations tell us that our earth has joined the group of planets, which travel around this sun. Also, we can notice that the motion of these planets shows remarkable creative consistency. Then, our experience makes us quite well aware of the sun's high temperature that furnishes its planets with light and heat, which develops a wonderful stimulation to creation on earth and probably on some of its other planets. In addition, that remarkable sun undergoes substantial structural transformations on a continuous creative basis.

We can simplify our discussion of planetary participation in creation by concentrating on how earth is engaging in this process. Our earth is a globe made-up largely of solid material that is hot on the interior and cool enough on the surface to accumulate a large amount of water. So, it joins in the energy transfer procedure. This globe is spinning on a tilted axis and each area is exposed to the sun once a day, which defines the day as a measure of time. Then, in a years time it moves through space in an elliptical path around the sun, like other solar planets. Also, our planet has one satellite that we call the moon, which gives it a measure of normal planetary structure. Earth's action in our solar system and the solar system's performance in our galaxy produces some evidence that earth is engaged in the creation process.

Many creative actions of earth occur right in the structure of this planet, which has been passing through many stages. On a more or less continuous basis material in under-ground layers has been moving-up to the surface in areas. As a result, continents were created and have been moving, exchanging areas with oceans. In fact, continents became the land areas that thrust themselves through the enormous layer of water, which occupied most of earth's surface as oceans. Faults in the continental surface layers have been slipping, large slippages causing violent earthquakes. Then, many holes in its tectonic plates have allowed molten minerals to be forced up to earth's surface creating volcanoes. Many substantial actions keep occurring in our planet during its remarkable creation.

Outstanding developments by earth include what it has on the surface besides the mass of liquid water in the oceans. On its surface our planet has created a layer of gas, consisting of nitrogen, oxygen, carbon dioxide, water vapor and other gases, which has made possible the origin of an enormous number of living things. This atmosphere, together with the oceans, the water that falls as rain and some solid materials on the surface, all cooperate in the creation of life on earth. Of course, these living things need to make use of many forces and radiations in our solar system. But, the vast diversity of plant and animal life has magnified the accomplishments of earth's creation activity.

Many Forces And Radiations Help Make The Universe Creative

The Universe gives us the indication that creation is a continuing process that it provides, as we increase our knowledge of energy and radiant emissions. When we work with motion, the various forces are recognized in energy realm of the Universe. If our senses receive all the considerations live animals deserve, we can appreciate many of the different radiations in the Universe. Examination of these creation procedures just around the earth discloses that the cosmos has wonderful means for carrying out its actions.

One force that supplies a substantial amount of energy in the cosmos is gravity. Every object in the Universe attracts every other object with this force, although not very strongly between things that are remote. As is well known, this attraction of earth makes objects, which are released with-in an ordinary distance, fall down on our planet with an accelerated impact.

Also, objects on earth are held in place, unless other forces are applied with greater strength. We can be thankful for gravity that holds us to the surface of earth where global spinning moves most of our areas through space at some thousand miles per hour. Then, the inverse proportion that the attractive gravitational force has to the square of the distance is an important part of creation. This diminution in the force of gravity makes it possible for satellites to stay away from planets, planets to avoid stars and solar systems to have their own identity. We must give gravity consideration in all of the Universe's activities involving motion of objects.

Valuable creative action occurs in the Universe as the result of forces developed by electricity and magnetism. Electric charges exist on some of the smallest and some of the largest objects in the cosmos. Naturally, the smallest negatively charged particles that are found in all atoms are called electrons. Sometimes, positively charged particles or objects are simply those that are missing electrons. But, inside of atoms they are nuclei containing protons. Thus, the Universe supplies an important attractive force between positive and negative charged objects of all sizes. On earth the evidence of electric charges are obtained when clouds collect enough electricity of opposite charge and at high potential to send lightning discharges down to our planet's surface. Then, this electricity is closely related to magnetism. If motions of electrons or other charged particles develop electric currents, they produce magnetic fields. Then, the rotation of a wire coil in the field of a magnet causes an electric current. Our Universe allows various objects to become permanent magnets.

One of the out-standing examples of large permanent magnets is our earth, with its recognized north and south magnetic poles. The Universe makes good use of electric and magnetic forces on our earth.

All materials in the Universe are built out-of submicroscopic atoms and molecules that contain many kind of forces. So, we must believe that these small building blocks participate vastly in the creation process. Action in creation needs all of the forces in the enormous number of substances for its operation. As samples, all atom building blocks have nuclei, many of which contribute enormously to the energy in the Universe's stars. This continuing effect of nuclear forces gives us additional evidence that the Universe is creating itself.

All stars in all galaxies are engaged in gigantic nuclear reactions, including hydrogen fusion. As a result, these violent globes contribute enormously to the energy in the Universe by sending-out electromagnetic radiations. Such emissions have a wide spectrum of wave lengths and a great variation in wave properties. As examples, visible light, heat, ultra violet light and Xray radiations are important means for sending creative messages to human beings who are equiped to receive them. Two of these radiations provide us with personal knowledge about our surroundings. The Universe has given us eyes that enable us to see visible light radiations from any source. So, we can observe every thing around us that is illuminated with this light. We get well acquainted with the appearance of many objects. Our bodies

have been made sensitive to heat waves, so we can realize the difference between the temperatures of hot and cold objects. These two radiations have increased our ability to perceive what is going-on around us.

Many of our electromagnetic radiations provide special information that helps us understand creation better. The visible light from our sun does more than illuminate various objects in space. This light only shines on one side of our planet at a time. So, the spinning earth develops the valuable concept of days in terms of the time it takes to make one revolution. Also, the distance between earth and objects in space can be observed in units of light velocity. We measure the distance to far-off objects in light years. Thermal radiation creates enormous temperature differences in objects of the Universe. Fortunately, our earth and probably other planets in space have their temperatures adjusted so living things can exist. These temperatures fluctuate considerably. But, essential materials for life, like air, water in oceans and organic matter ~~are~~ relatively secure. The ultra violet radiation is a remarkable type of emission for earth, when its intensity is adjusted so the benefits exceed the hazards. Our plants make good use of this radiation at its present low intensity for helping their growth process. But, animals suffer some damage, if the intensity passes a certain strength greater than the present value. In an other category, Xrays offer the Universe a special type of radiation that is useful for identifying objects, because it is obscured by dense materials. Thus, our Universe has many valuable means for following the course of creation.

Our wonderful Universe has created a remarkable radiation in the form of sound waves that are carried by materials, which develop vibrations. The importance of sound waves has reached a high level with the creation of living animals on earth who have ears with hearing abilities. Now members of each species can communicate with each other by using variations in the sounds that they produce. Human beings use sound waves for speech and music as extremely valuable means of sending messages. When we are talking to each other, we do need to use the same language. But, without communication by speech, information for people might cease to exist. Currently what our conversation needs most is friendliness and accuracy. Then music has become a very important international medium for sending messages. We want the quality of our music to be beautifully tuneful, so it gets down deep into our feelings. Then, the sounds that we hear can be highly inspirational. Over all, we can rejoice that we are part of a Universe, which provided us with sound waves that enabled us to accomplish great achievements.

CHAPTER XXXIIHUMAN INHABITANTS PARTICIPATE IN EARTH'S CREATION

(How Did The Universe Contribute Greatly To The Origin Of Such Living Animals As Human Beings On Earth?)

We realize that our vast creating Universe comprises every object and every particle from its enormous gigantic structures to its smallest submicroscopic atom segments. In its creative process, our Universe provided our earth with extra special materials on the land, in the oceans and in the air. In addition, this creation placed earth near enough to our sun for our planet to obtain valuable radiations. Thus, our earth has had a special complex part to play in what we recognize as the most valuable contribution to our human origins. This planet has a wide variety of inhabitants that participate in the creative action on its surface. What makes our earth a quite unique planet is the enormous number of living things that exist on its surface, from human beings down to protoplasmic cells. These living things have done a remarkable job of cooperating in keeping life on earth advancing. Even we human beings show considerable signs of progress.

Valuable Organic Compounds Appeared On Earth

While earth was being created, it experimented to become the home of many living things. For this experiment, it originated special organic compounds as the essential elementary materials for creating living things. These substances that contained large amounts of carbon provided earth with the simple molecules for carrying out its creative experiments. Thus, earth developed an

enormous group of carbohydrates, amino acids and glycerides to get its process started toward creating living things on its surface. This part of earth's experiment was successful, as these materials became extremely useful for further creation.

Earth's creative action on its surface continued with the formation of somewhat larger constituents for building living things. Thus, carbohydrates united to form fibrous materials that could support stress and help apply force. Also, amino acids developed into proteins that had remarkable properties of growth and formation of special structures. So, the important cooperation of these building materials resulted in the construction of still more organized creative units.

Ensuing Cooperation Created Very Small Living Things

As the originally constructed organic materials became more organized on earth's surface, this creation formed living cells. An important result was that the creative action produced a very large number of different types and designs of these cellular units. But, all of them had protoplasm and nuclei inside of very small global enclosures. Many of these cells were filled with these substances and other compounds dispersed in water. Inside of each cell were special identifying materials that guided its action in further creativity.

In significant respects, these small cells were living things, because they could participate in motion, grow and divide themselves, when provided with pertinent surroundings. Then, after a division each segment was able to create itself into a form like the original

cell. In addition, larger living things used these cells as fundamental building blocks, making them tremendously important constituents in larger beings that are alive. Remarkably, the type of cell and its guiding ingredients determined the structure that the larger living thing used it to create.

Creation Expanded To Form Complicated Living Beings

On a unit basis, a massive group of cells with comparable heritage materials cooperated and formed one large living being. Then, another similar large living being was created by reproduction when the first one produced some cells with half of the heritage materials, which were united with cells from the same kind of living being having the other half of the heritage material with fertilizing ability. On a wide basis, many other groups of cells with different heritage materials produced unlike living beings. By this process, living beings became separated into different kinds that were dissimilar in appearance and actions. In particular they had different sizes and limbs. But, they all required food to stay alive and grow from initial to maximum proportions.

The dissimilarity in the appearance, structure and action of different kinds of living beings was quite distinct. So, our distinct groups became species each of which had a separate function in earth's creation. The expansion in the size and form of these different beings gave earth its enormous number of inhabitants. Fortunately, human beings turned out to be at the top of the living species on earth's surface. Earth had one very important inhabitant to share in its creative action.

As human beings we have had remarkable stimulation to participate in the creation of living beings on earth's surface. We were born with legs, so we could move around fairly rapidly. Our other limbs were arms, which extended out to hands that had considerable skills. In our heads we had eyes that observed light, noses that passed air and detected odors and mouths that would take-in food and water for consumption. Then, in the upper chamber of our heads we had brains that gave us considerable intelligence. This central control of our nervous system enabled us to receive messages, think thoughts and reach understanding of situations. Fortunately, our bodies were created to handle the food that we ate and produce energy that could be sent to every part of our being. So, our human needs gave us special interest in most of the other living species. A large share of our time on earth has been devoted to help building operation among inhabitants.

Division Of Living Things Displays Earth's Creation Skills

A very important feature in the creation of larger living things on earth was the origin of two divisions, plants and animals. The interaction between plants, animals, water, air constituents and earth's radiations continues to be amazing to most human beings. Our earth's plants are provided with chlorophyll by their own synthesis. Then, this green chlorophyll absorbs carbon dioxide from air or water and receives radiation from our sun to provide growth for the plants. In the process, oxygen is evolved for all animals to assimilate by breathing. Human beings need energy to move fast. So, we must take-in much of this oxygen from the air, use it to produce our energy and put-out the resulting carbon dioxide

for the plants to absorb. For further interaction in both growth processes, plants take-up nitrogen compounds and phosphates from soil or water, much of which materials are excreted by various animals. Then, human beings eat an enormous amount of fruits, roots and seeds of plants for food. We have helped develop the colossal interdependence among earth's inhabitants, which has living things relatively secure.

The interdependence between plants and animals has been made complicated by earth having two major regions for its inhabitants to occupy. Our planet has dry land and water covered areas that are largely oceans. Quite different assortments of plants and animals live in these two regions of our earth. Water being such an important essential for life might give oceans an advantage over dry land in supporting things that grow. But, the inhabitants of oceans receive minimal help in their creation from land animals. Occupying dry land gives human beings many more opportunities to get acquainted with how its plant and animal interaction works and how to help its living things cooperate. Human beings have developed skills, which have enabled them to accomplish outstanding creative achievements while living on the land.

Reproduction Was An Essential Procedure In Human Creation

To accomplish reproduction of our human species on earth the Universe created two different sexes, male and female, with slightly different heritage materials. We refer to these heritage materials as DNA that distinguishes a species and a sex. Then, the female constructs egg cells that contain only half of her DNA,

while the male originates sperm cells that contain only half of his DNA. By means of the sex act, a sperm cell is introduced into an egg and the two DNA halves unite to produce a fertilized egg. The egg with such combined DNA grows into a new member of the same species. Cooperation of male and female has an essential function in individual human creation, while the female has the responsibility of feeding the growing egg until the birth of the the new member and its reaching self-sufficiency.

One significant result of human reproduction is that after birth and maturity a new member becomes different from any other human being in many respects. Nobody looks exactly like anyone else. The appearance of each human individual is quite original. Also, our ability to use senses, including sight, hearing, smell, taste and feelings, are usually somewhat distinctive. Especially our way of thinking about situations shows individual diversity. Even basic skills almost always show special differences. Evidently, each new member of our human species ~~assumes~~ assumes an important function in his or her own creation.

CHAPTER XXXIIIREACHING-OUT WAS QUITE ESSENTIAL FOR SURVIVAL OF HUMAN SPECIES

(Could Human Beings Not Have Remained Here On Earth If They Had Not Adopted Some Of The Valuable Features Of Reaching-Out?)

Our analysis has indicated that human beings participated in creating themselves. But, any lasting creation requires effective survival for the continuous development of any living species. This necessity has been called survival of the fittest, which is regarded as the continuation of living beings that are most competent to handle the problems they confront. Here, we must introduce our dynamic concept, where survival requires that a species be more and more able to handle more and more of its problems better and better. Such movement toward increasing our human durability is important, because our Universe is in massive agitation and our earth develops enormous survival problems. Any species must prepare to cope with the possible future by expanding its responsibility. Therefore, Reaching-Out may be one of our most essential planning procedures. Human beings are the species that can illustrate its survival achievements most clearly.

Raising Children Reveals Substantial Values In Reaching-Out

Under the influence of Reaching-Out parents have obligations to nurture newly arrived offspring quite well after birth. With these very warm feelings, the creators assume complete responsibility for insuring that their babies get good physical starts in life. If mothers eat well, they have the natural ability to supply their new offspring with adequate food. Nursing babies satisfactorily

is a remarkable process in the inauguration of a member of the human species. This nursing method supplying food to new arrivals may even last for months. But, before long each offspring must learn to eat its own essential nourishments provided by parents. Medical research has studied the importance of adequate food intake for babies. These studies have discovered a list of required food constituents during our early years. With this information, we can hope that new arrivals in our species will receive better diets.

Infants have long been targets for many diseases, most of which are under control, because of scientific studies. We made progress by learning that babies need to be kept clean and by developing soap to help us decrease these contamination health problems. Still, the human species had difficulty combatting serious ailments of children until scientists discovered bacteria and viruses. Now babies can be given various treatments to build-up their immunity and protect them from attacks by microscopic germs. Further expansion of such health care procedures must be continued at a reasonable rate.

Special love for new arrivals in our species must be expressed as quite an important feeling. Parents and others must send strong messages of compassion and appreciation to all offspring. This means that mother and father must talk very friendly and quite often to their infants. Also, loving physical action with babies is essential. All babies must be picked-up, embraced and fondled rather often; hands and feet must be contacted, while arms and legs are moved frequently. Parents would do well to see that all care-takers play with their infant's appendages in a friendly

manner. Much of the efforts displayed by those who are compassionate must instruct infants how to do useful things. Babies are given a better start in life, when they are introduced to a regular daily routine that is relatively expedient.

Adequate Over-All Food Consumption Depends On Cooperation

All human beings need sufficient nutritious food to produce energy for individual activity. A small per cent of us raise our own products that we eat. Instead, most of us go to a store, buy necessary food, bring it home, cook it and eat it. So, human food supply depends on two major processes, production and distribution. Any improvement in our ability to feed all of the people on earth requires substantial cooperation in both processes. Obviously, food production is the primary consideration demanding joint operation. But, the fact that hunger develops in many places on earth makes distribution of food highly dependent on collaboration. As we want our food to be increasingly nutritious, we attempt to improve the kind and quality of materials that are produced and distributed.

Much of our human food consists of vegetables, grains, fruits and roots of plants. By experimenting we have learned to grow most of these plants in the USA quite successfully. Our breeding experiments have given hybrid species of plants improved yield per acre. But, farm land is not trusted to provide its plants with enough growth materials. So, we put enough fertilizer on our soil each year to supply our plants with most of their nutrients. Also, much of our farm land is where the weather is unreliable

as a supplier of rain. So, we provide many plants with water by means of irrigation. With this water and subsidies from government our food production has reached substantial magnitude.

During the last several decades most farms have increased in size from a few hundred acres to thousands of acres in the USA. Most agricultural businesses have become fairly large enterprises. Horses seem to have disappeared from the farm and operations in the field, besides picking fruit, have become quite technical. Machinery is used to plow the soil, apply the fertilizer, plant the seeds, cultivate the shoots and harvest the crops. This machinery seems to be getting more and more sophisticated as the result of research in agricultural departments in state universities. So, we have big businesses that sell and service farm machinery, which keep our farmers raising all that we need of many plant crops.

Farm crops face many damaging predators. We have quite a few insect pests, some of which can destroy certain farm crops. So, scientists have developed several pesticides to combat these predators. But, some such chemicals tend to cause more problems than they solve. One pesticide, DDT, was relatively successful in saving some crops from insects. But, it was found to be a carcinogen after it had contaminated much farm soil, many rivers and even a few oceans. Other pesticides pose questions of safety. So, now experimenters are attempting to find other insects, which will kill the harmful ones. Naturally, government is involved in this attempt to improve the efficiency of food production.

Food from plants may become adequate for people on earth, if we preserve our soils from deterioration. But, indications at

present suggest that the average thickness of USA farm soil is decreasing at an unsatisfactory rate. Natural erosion either washes or blows it away. We may be able to endure some more soil loss, because of fertilizer treatment. Still, this problem needs careful study, which is in progress. As an additional difficulty, some of our irrigated soils are accumulating chemicals that impair their productive capacity. The requirement is clear that government must assume more responsibility to help develop remedies for all kinds of soil deterioration.

Production of land-based animals for human food has replaced early hunters very largely. Our farmers are raising more cattle, sheep and hogs for food than probably existed in the wild before domestic animal business got a good start. Meat is the important out-put, although we also get leather from the skin of cattle and wool from sheep. Our animals have been bred until their meat is more acceptable as human food. Then, feeding animals keeps showing some improvement, so their food products contain less fat. Our experiments in the animal raising business are certain to continue for some time.

We acquire much of our human food from bird species, particularly chickens and turkeys. Their contribution to our nutriments include eggs and meat, which are common in the human diet. Studies have identified varieties of these species that produce the most from a given amount of in-take. Thus, good progress has been made in expanding fowls as a source of things to eat. Fortunately, chickens and turkeys can be raised in almost all of the countries of our world, which contributes to food distribution.

Oceans, lakes and rivers give us fish that are important human food materials. The number of fish in these enormous bodies of water may have been relatively large in the past. But, we have expanded our catching facilities and extended our netting practices until our sources are becoming increasingly deficient. Some of our popular fish species may become practically extinct. Thus, to preserve this type of human food, nations are imposing some control on ocean fishing. But, any effective control over ocean netting may need to be international. Then, some businesses may start valuable industries that produce fish in special lakes or parts of oceans.

Distribution of some foods has proved to be a difficult operation even in our USA and particularly around the world. These problems are aggravated by the requirement to take food from where it is produced, when it is produced, to where it is needed, when it is needed by people who must eat it. So, we have multiple requirements for food storage, even though this is fairly simple for some grains. Stocking of many foods involves the use of preservatives, the sealing in cans, the refrigeration in mass or the freezing in containers. We can hope that radiation with γ rays will not become normal. Next, we must transport this food to where it is sold to consumers. Then, are the hungry people going to be able to pay for the food and does it have all of the nutritious materials that are required in the human diet are two problems. Concerned people are working on these problems and success seems possible, if the world becomes increasingly friendly and responsible.

Minute Organic Compounds Needed For Metabolic Processes

Our food has at least thirteen essential vitamins, which our bodies demand that we consume in adequate amounts. We have personal requirements for each of these special materials that are different for different ~~for different~~ individuals. So, determining the daily amount of each vitamin that is essential for good health requires individual experiments. The following table gives some information about vitamin sources and functions. Also, all of us experimenters can get recommended dietary allowances, RDA, which might help us determine the amount of various foods that we should eat. At least, we must keep close surveillance of our body functions and evaluate them in terms of our diets.

The dietary problems that we face are complicated by the lack of information about the amount of vitamins in each of the foods that we eat in our meals. We have difficulty learning about the vitamin content of the food that we buy at the store. Then, the depreciation that takes place while we store the food in the refrigerator or on the kitchen shelf is usually unknown. Even, the loss in vitamin content during food cooking may be impossible to determine. Thus, we all may need to experiment with vitamin supplements to insure our getting an amount of each vitamin that will keep all of our bodily functions working as well as possible.

Vitamin supplements have other important uses. Many of us suffer from being allergic to various natural foods, which we might eat to get enough of some natural vitamins. Thus, we must omit allergies from our diet and fill our vitamin requirements with supplements.

VITAMIN	FOOD SOURCE	BODY FUNCTION REQUIREMENT
Vitamin A	Fish, liver, milk, butter, eggs, margarine, and green vegetables.	Teeth, nails, hair, eyes, bones, glands and immune systems.
Vitamin B-1 Thiamin	Whole grains and cereals, yeast, pork, beef, lamb and poultry.	Muscle coordination carbohydrate metabolism and nerve tissue health.
Vitamin B-2 Riboflavin	Whole grains, milk eggs, yeast, cheese, vegetables, and lean meats.	Skin, eyes and transforming proteins, fats and carbohydrates to energy.
Vitamin B-3 Niacin	Fish, lean meats, yeast, wheat germ, peanuts, milk, cheese and eggs.	Body cells, skin and many metabolic processes and against pellagra.
Vitamin B-6 Pyridoxine	Liver, fish, nuts, grapes, bananas, wheat germ, meats carrots and potatoes.	Nervous system, amino acid metabolism and other metabolic processes.
Folic Acid Folacin	Liver, green vegetables, yeast, wheat and nuts.	Genetic materials in human cells.
Pantothenic Acid	Eggs, grains, liver, nuts and legumes	Forming hormones and energy from carbohydrates.
Biotin	Yeast, liver, kidney, egg yolks and milk.	Body metabolizes proteins, fats and carbohydrates.
Vitamin B-12	Lean and organ meats, fish, shellfish, milk and eggs.	Development of red blood cells and functioning of all cells
Vitamin C Ascorbic Acid	Citrus fruits, broccoli, spinach, cauliflower, cabbage, tomatoes, peas, beans and liver.	Immune systems, collagen for muscles, bones and cartilages, health for teeth and gums.
Vitamin D	Butter, eggs, fatty fish, liver and fortified milk.	Calcium metabolism for teeth and bones, their health good.
Vitamin E Alpha Tocopherol	Seed oils, nuts, eggs, whole grains, cream and leafy green vegetables.	Protect muscles, heart and nerves. Sustain red blood cells. Heal injuries.
Vitamin K	Leafy green vegetables, fruit, milk products and some meats	Blood clotting, Good blood supply, Controlled circulation.

Reaching-Out Keeps Us Trying To Create Better Air

Our Universe has given us wonderful gases for our atmosphere and we must take the responsibility for maintaining this gaseous mixture at high quality. Earth's air has about one fifth oxygen and most of the rest is nitrogen. But, we must keep an adequate amount of carbon dioxide in this gas for the growth of enough plants. Presently our animal breathing and our fuel combustion products tend to handle or to over-handle this growth requirement problem. Also, a reasonable amount of atmospheric humidity coming from oceans and lakes is quite desirable, because rain is essential for our plants. What we have begun to worry about in our air are impurities that present us with numerous hazards.

Many particle air pollution problems are beyond our control, while others call for much more attention than we give them. We can scarcely regulate volcanoes that discharge considerable amount of dust into our atmosphere. But, scientists do study the effects of this dispersed material on our climatic conditions. Then, over the period of large scale farming, winds have blown large amounts of soil into our air. Here farmers keeping most soil covered with vegetation much of the time seems to have slowed this pollution. All kinds of fires create smoke, which calls for greater efforts to control any particle fouling combustion. Now we have nuclear bombs that might produce enormous amounts of dust during testing. Fortunately, researchers have decided to test these explosives underground. Still, our creative genius must be focused on keeping our air as free as possible from particle pollution.

Some effort is devoted to keeping smog from making our air irritating to breath. But the human respiratory process needs more relief from this irritation. It may be some time before all of the health problems that are caused by smog chemicals are discovered. Certainly our younger bodies would be more healthy without breathing lead from gasoline combustion. Sulfur dioxide, nitrogen oxide, ozone and other chemicals sting our eyes, noses and throats. Then, the sulfur dioxide and nitrogen oxide are oxidized to acids and dissolved in our cloud droplets. As a result, we have the puzzling enigma of acid rain, which demands much more effort to decrease the amount of acid materials in all air on our earth. Many lakes and rivers are being severely damaged by this acid and remedies are just beginning to develop. Also, we can do without the fluoro-organic chemicals that attack our outer protective layer of ozone. Improvement in the quality of our air calls for considerably more cooperation.

Numerous weather problems demand more extensive study so we can attempt to make better forecasts and exercise some anticipatory preparations. Relatively normal weather patterns are part of every day living and can be predicted with a measure of success. Still, serious weather problems can develop. Heavy rains can cause damaging floods; cyclonic winds can cause costly local damage; hurricanes frequently leave catastrophic destruction in large areas; extra dry years are difficult for the agriculture industry to handle. Obviously, our weather studies need to be expanded, so our creativity can improvise preventive measures for lessening devastating storm damage.

Need For Pure Fresh Water Is A Challenge To Our Creativity

Earth has an enormous amount of water in its oceans. But, we must use this supply as an indirect source, because ocean water has high concentrations of inorganic salts. Naturally, water evaporates from oceans, forms clouds and rains down on land to form lakes and rivers. Then, part of this fresh water penetrates some ground formations. Metropolitan districts and large areas of arid farm lands have vast demands for pure fresh water. Our cooperation has resolved this demand fairly well by conducting considerable water from rivers and lakes to cities and farms through canals and large pipe lines. We even pipe this essential liquid to all houses and businesses. Such creativity has been quite rewarding, but we must continue to plan well for the future.

Most city water leaves our houses and businesses as sewage, which gives us additional enigmas. We are prone to flush our sewage into rivers, lakes and oceans, even when we have the technology to remove its impurities and recycle most of the water. Shortage of fresh water may cause us to turn our recovery efforts more strongly in the direction of some recycling process. Also, we must worry about what is happening to our oceans as a result of sewage input. More of our refuse water must be purified and used over again.

Some of our fresh water may be exposed to toxic chemicals that seep out of dumps. Such possibilities need to be studied on a continuous basis, because various dumps receive increasing amount of toxic chemicals. Also, an increasing number of chemicals are identified as toxic. We want our fresh water to retain a high degree

of purity and maintaining this high standard may become quite a challenge to users. But, our essential fluid for life must remain unadulterated for good health.

Useful Energy Is A Special Indication Of Our Achievements

Creators have responded to our enormous need for useful energy with some remarkable developments. Now nearly all of us have light, heat, refrigerators, pumps, machinery, transportation vehicles and computers to make life easy. We have expanded our sources of energy and are attempting to tap renewable sources that have been neglected. Our ingenuity is challenged with the problem of converting renewable energy into the type that is useful in our buildings or can be fuel for our automobiles. Fortunately, we have faced the responsibility for using possibly hazzardous energy sources with great care.

Combustion of organic materials may be our oldest source of useful energy that we have developed for heat and needed horse power. Our steam engines came into bsing from application of the coal combustion process. Coal is still used in a number of USA power plants. Oil companies developed gas and petroleum, which we employ on a large scale as fuel for combustion. Natural gas, which is largely methane, comes into most of our buildings as a valuable source of heat. Petroleum is converted into gasoline, fuel oil and other important energy materials. So, an enormous amount of these petroleum products fuel our transportation systems. But, energy from combustion brings about problems for the ~~for the~~ future that must be faced now. We need that oxygen, which enters the burning process, for human energy. Also the

for human energy. Also, the carbon dioxide product of combustion needs some control to prevent a greenhouse condition on our earth. More and more plants must be grown on our land and in our oceans, so this carbon dioxide is converted back to oxygen. We need an air that has a careful carbon dioxide oxygen balance.

Electricity is a very important kind of energy that we use every minute of the day. This power potential comes into our buildings on wires and furnishes us with light, heat, refrigeration and all kinds of mechanical operations. Even our transportation vehicles obtain their essential sparks from batteries, where electrical power is stored for shipment. As sources for this energy, we have invented many generators that produce electricity from steam, flowing water and strong winds. But, our chief means for driving generators is using steam from combustion power plants. So, one of our major energy challenges is to develop alternative means for creating electricity that is relatively free from production problems.

From research work on the atomic bomb, we have designed and built power plants that produce electricity from nuclear reactions. This development has encountered numerous difficulties from safety hazards and high costs. Then, the long range problem of how to dispose of the radioactive wastes raises more questions than we have answers. So, we will probably need to limit the number of atomic power plants drastically until all safety questions have fairly clear answers.

Our Transportation Inventiveness Has Been Astonishing

Sail boats and horse drawn carts were the main conveyances of early historical times. But, in the nineteenth and particularly in the twentieth century transportation has made astonishing leaps forward. Steam engines were the first tools to get travel speeded-up. With this power source, we soon developed steam boats and railroad trains. Those steam engines enabled our boats to travel directly into the wind and at relatively high speeds. Thus ocean transportation became more reliable and more comfortable. Then, after we built trains that were pulled along rails by steam engines, our rails spread widely across the country. Everyone wanted to ride a train. We have many of these rails providing us with passage for trains even today.

After liquid fuels were produced from petroleum, the internal combustion engine became our extra special driving mechanism. Their manufacturers converted those old fashioned buggies into engine driven cars. Then, the automobile need flourished until it became our essential means for personal travel. Governments were accomodating enough to pave all the streets, roads and highways. So, now a high per cent of us have cars and drive just about any where we want to go with ease and comfort. Naturally, motorcycles, vans and trucks with internal combustion engines have similar popularity.

Internal combustion engines helped the Wright Brothers learn how to fly through the air. But, later many airplanes were provided jet powered engines. Actually, developers have done a tremendous job of creating these flying machines. Now, we have quite an

assortment of different planes for air travel, streamlined passenger vessels, jets, shuttles and satellites. Our air transport services are expanding, until we can journey to practically all countries by this very fast means of traveling. Adventurers have gone all the way to the moon and now they are able to shuttle around the earth several times in a day. Air and space travel has a remarkable future, if it is made safer.

Cooperation Has Created Outstanding Means For Communication

Some kind of written messages may have been transmitted between people a few centuries ago. But, this communication took a step upward when governments organized our international postal service. Now we can write letters, address them and the postal service will carry them to whom they are directed. Written messages between people have become fairly common, because they are so easy to send. Also, this service gives us strong incentives to learn how to write well.

In the early nineteenth century we began to use electrical wires for communication. Our first devices made electrical dots and dashes represent words. So, we began to send messages over wires by telegraph codes, as an option to writing letters. Then, our clever inventors converted our vocal sound oscillations into electrical impulses, so we could talk over wires for long distances. At the present time, our telephones are important parts of our every day lives. We can use a dial or punch buttons to connect us with any other phone with which we want to talk. The voice at the other end of the line is so realistic that we can frequently

recognize it without identification. This service has been quite reliable and inexpensive for decades. We have no indication that having alternative lines for long distance calls will give us better service.

In the first quarter of the twentieth century, our inventors discovered that sound oscillations could be converted to impulses on radio waves. Sounds of the human voice in these impulses did not need wires for transmission. They just traveled through the air to radio receivers. Then, radio sets changed from having vacuum tubes to just having transistors for sending and receiving messages. Such radio communication got a good start, when inventors learned that light from any scene could be transposed to vibrations in a whole structure of radio waves. Soon, by using television tubes with fluorescent screens and scanning electron beams, we could reenact the scene from the radio wave structure on a receiving screen. Now, a TV picture can even be in color to make it more artistic. So, we are living in a radio and TV age.

Information about people can become more lasting with the invention of photography. Personal contacts have a pleasant tone for a longer time, when someone takes pictures of those who get together. With an interesting view, we have something to look-at to remind us of what took place at a meeting or what we saw on a trip. Family pictures even enable us to keep contacts with many generations by supplementing our memories.

We Try Hard To Prevent Diseases And Improve Health Care

Recently human life expectancy has increased over most of the world, as a result of people trying to solve health problems. We can believe that such advances must be important parts of human creation. In the past we have had numerous predators in the form of deadly bacteria and viruses, some of which are still around. Fortunately, our efforts to protect ourselves from these destroyers have been increasingly successful. Our overall physical well being has always required sufficient nutritious materials in our food. Here, our studies have given us considerable valuable information about what to eat. Our physical strength has been dependent on our having adequate exercise. Now, when we get ill or have other physical problems, we can usually obtain valuable professional help. This important assistance has expanded fairly well. So, our responsibility to give ailing people physical relief is making progress, even though beset with numerous difficulties.

The discovery that many of our ailments are caused by bacteria and viruses gave us a good step along the road to survival. We found that we could make progress in restraining these attacks of microscopic organisms by simply keeping ourselves clean. Also, avoiding any contamination of our food, water and air was a good preventive. Soon, scientists found antiseptics that would kill harmful bacteria. After this our medical profession contributed the process of vaccination, which built-up in us an immunity to most bacterial diseases and some viruses. We can now obtain antibiotics that are able to overcome some bacterial infections, while viral

infections have also been given much attention. So, we have treatments that are available to lessen or overcome effects of most microscopic structures that cause many of our diseases.

When new forms of viral disorders, like acquired immune deficiency, AIDS, start afflicting human beings, we work hard to circulate information about the problem and the means for its prevention. The seriousness of this new virus has aroused much fear, So, considerable research has been devoted to determining what its complex action is and how it might spread. In the meantime AIDS is spreading fairly rapidly, while preventive programs are getting some results. We may expect vaccines to be available for generating killer cells and antibodies within a few years. Some serious health difficulties create fast investigations.

Valuable contributions to our health came to light with the discovery of special constituents that we need in our diets. We must eat more than just proteins, carbohydrates and fats. Our meals must contain many vitamins and several minerals, as we have mentioned before. Now, our list of essential vitamins and minerals is getting increasing attention for their roles in insuring good health. This recognition has enabled us to prepare concentrated forms of these materials that we can take as food supplements. Now, many of us increase our resistance to colds and flu by consuming substantial amounts of vitamin C. Large supplements of vitamin E seem to build-up the endurance of some people. Also, when calcium is low in the diet, some of us get help for our muscles and bones by taking calcium supplements.

After our physical difficulties become apparent, we can get a wide variety of professional help. Their diagnostic techniques have developed at a good rate. Various medical examinations can evaluate how most of our organs are functioning; chemical analyses can check the quality of blood, urine and tumors; microscopic tests can distinguish undesirable cells from normal building blocks. Then, we are able to take X-ray pictures of difficulties over most of a human body, if we put the film material behind where the trouble might be. These means for identifying physical difficulties are certain to keep on expanding. Our cooperation gives us increasing activation to find better diagnostic instruments.

When specialists identify the nature of physical ailments as not just infections, they get involved in determining causes. Reasons why many disorders arise are frequently complicated. But, we have made considerable progress in determining what might have originated some serious troubles, like cancer growth and heart disorders. Our studies give us a long list of carcinogens that includes tobacco smoke and a number of materials injurious to the heart such as low density cholesterol. These advances in understanding the causes of ailments have chances of expanding our preventive and remedial action.

We have many muscles, joints and organs that require stimulation from motion. Beneficial exercise of these moving parts of our limbs and bodies also helps to keep our whole physical structure functioning correctly without disorder or pain. Fortunately, this exercise can be quite useful in controlling our weight to a reasonable

value. Every unit of our limbs must participate in the energetic motion, so any deterioration of muscles or joints is retarded. Then, the action must include stretching the body and legs to counter-balance our loosening materials in the back bone joints as we grow older and shrink. Also, our exercise vigor must be controlled to avoid injuries.

Our local physical difficulties have received a remarkable variety of remedies. We have a number of drugs that serve many useful relief purposes. Pain killers may be the chemicals that are used the most, while others may correct the cause of the difficulty. Some infirmities can be relieved considerably by correcting the sufferers diet. Improving food supplements can often be quite useful tonic action. Then, our nervous system therapy and mental stimulation treatments are used with some success. In emergencies surgeons can remove body parts that are undesirable or repair damage that calls for reconstruction. Now, many specialists are working on transplant possibilities. They have experimented with putting artificial organs into people who are in desperate need. Various kinds of radiations have been used to relieve some difficulties with a measure of success. We can only be astonished at the possibilities that are available for treating our local physical problems.

Educational Systems Provide Capabilities For Self Creation

Educational systems evolved before we were able to make much progress in creating an advanced civilization. Our discovery was that acquiring knowledge, understanding and skill should start

when we are young and continue most of our lives. Thus our schools developing the art of learning in us was a tremendous step forward for society. Mastering reading, writing, arithmetic and how to do simple things filled-up our elementary school programs. Then, our high schools taught us more complicated subjects, So, we could get an introduction to what has happened in our society and what is coming in the future. These local learning programs even became compulsory for children on the road to maturity, while attendance at our local schools became free. Even though this first part of our education has made progress, we have discovered that schools cannot teach too much, particularly about getting along with each other in a friendly manner.

To continue our education, we have important possibilities for all of us who qualify. Universities and colleges give us opportunities for learning more knowledge that is useful in obtaining employment. Students can major in subjects that are most interesting to them. Also, these studies become rather broad, So, as learners we can begin to understand the many aspects of living a good life. Even so, more of us should become ambitious to acquire still more understanding. Then, we may stay into graduate school, where we will be able to acquire special training for particular types of occupational work.

If we aspire to become professionals, schools are available to train us in the knowledge and skills that are necessary for us to give a variety of valuable services. This training has become more extensive, because practically all of the professions have specialties. In medical schools we acquire special training in

certain types of treatment and also in the medical care of particular diseases. When our training moves in the direction of surgery, we try to become experts in operating on certain parts of the human body. If we go to law school, our studies try to make us competent in certain legal areas in order to insure our success as lawyers. Our science students must decide what branch of scientific knowledge they want to study and even what sub-branch they want to have as a specialty, before they obtain training. If our interest focuses on technology, we must locate the courses in engineering that attract us most. When we choose to be teachers, we can find courses that will instruct us in the skill of teaching the grade or subject of our greatest concern. Even, if our resolve is to become a minister, we can find a school that will give us training for the church of our choice. Advanced specialized training has grown enormously in recent years.

Science Contributes Greatly To Development Of Civilizations

Scientific studies of physical rules under which the Universe operates have given us remarkable insites into what is going-on in our world. In physics scientists have discovered principles that are followed by electricity, heat, light, sound, mechanics, gravity and subdivisions of our elementary atoms. Studies of each phenomenon have quite a few divisions that show enormous accomplishments. The number of laws that ^{physicists} ~~physicists~~ have put on a mathematical basis is extraordinary. We possess considerable understanding of how all physical actions occur in our Universe. Planning, communication, transportation and exploration use this

comprehension. As a special accomplishment, we can make atomic nuclei lose mass and create energy. Hopefully, we can prevent its use in atomic bombs and can find out how to make it safe in our nuclear power plants.

In the realm of chemistry, scientific studies have discovered astonishing varieties of atomic structures and molecular compounds. All atoms are portrayed in a periodic table of elements, which gives us an organized survey of all earth's various atomic ingredients. Our science of chemistry has several major areas, including inorganic, physical, organic and biological. Each of these different branches is quite diverse and highly developed. So, an astonishing amount of understanding is available about all kinds of molecular materials in our Universe. We keep on obtaining insights into the inorganic sector of chemistry. But, other branches seem still more active. Comprehension of organic chemical structures and their properties has enabled us to create numerous valuable products containing carbon compounds. Then, organic chemists have turned their attention to living things and the results of their biochemical studies are amazing. Indications are that the chemistry of life may increasingly become a human skill. From now on we can become more aware of how much we are part of the creation process.

In biology studies scientists have divided their efforts between botany and zoology. So, they can take credit for identifying an enormous number of our living species. We acquire considerable satisfaction just to learn about the multiplicity of life on earth. Then, when botanists get us acquainted with the functions of plants and help us breed new ones, we can feel close to the creation

process. As human beings we need those plants. Also, zoologists have informed us about all kinds of birds, insects, fish and animals. This extensive knowledge gives us realization of the importance of living things that can move around. Recognition of the need for stability of most life on earth makes us more responsible inhabitants.

Investigating our earth as a ball of matter, some 7500 miles in diameter, has stimulated planetary scientists to remarkable studies. Our atmosphere and oceans receive constant surveys. In addition, these probes have obtained information about composition and structure of rocks over much of earth's surface. Then, from temperatures measured in deep holes bored into the crust, studies estimate that the core is quite hot, whatever its composition. Also, by making calculations from average earth density and the density of surface materials, scientists consider the core to be quite dense. Their special investigations judge that a mantle exists between the core and the crust. In further studies, seismic explorations identify tectonic plates moving around in earth's crust. So, we know a lot about what is under us and what is all around us. Hopefully, our explorers of earth will make better predictions of earthquakes, volcanos, and weather.

Democracy Becomes A Valuable Governmental Structure

The idea of government by the people had an early origin in Greece. But, in the first structure the mass of the people were excluded from many rights. Fortunately, over the centuries this political philosophy has changed to the concept that democracy is

government of the people, by the people and for the people. Freedom, for everyone under the laws of the area that are enacted by representatives of all the people, became the foundation of democracy. In negative terms, no individual, no class, no religion and no race can control the destinies of an area for any unreasonable time, because a free election is mandatory. Thus, each citizen has a vote and the majority vote makes political decisions and elects government officials.

Many countries including the USA have discovered the value of a constitution to provide basic rules for democratic governments. With a national constitution, we established our political structure that includes executive, legislative and judicial branches. Then, the method of electing officials in these branches was legalized and their duties were given clear guidance. This list of rules goes far into the foundation of democracy. Particularly with the first amendment, our constitution defines individual and group rights and decrees equal liberty and equal justice for all citizens. With all of its amendments, it has become the cornerstone of our national life and will continue to help us direct our efforts toward a better society.

Our national democratic government exercises some authority over states, counties and cities. But, this federal authority recognizes the rights of states, counties and cities to have their own democratic governmental structures to handle problems in their own special areas. In many ways these various separate governments are patterned after the federal system. At least, they have

executive, legislative and judicial branches and their elections are conducted with equal access for all citizens. With their proximity, state, county and city governments pay closer attention to liberty and justice for all and give us more protection from illegal acts. We can usually get more frequent contacts with democracy in the action of authorities that are nearer to us.

Opinions about the legal control of freedom and fairness are certain to vary among people. Thus, democracy has created political parties that consist of groups, each of which has members with similar political opinions. In the USA we have democratic, republican and minor parties that confront each other at every election with different candidates and with different stands on issues. As might be expected, having political groups of people with different opinions does not always have positive effects on progress in solving problems. Social improvements require the action of the majority of citizens and this majority may not be well enough educated to decide what advances are essential. Still, political parties are useful organizations to bring-up the sides of many issues for consideration by the citizens.

Fortunately, democracy has had a history of improvements, since our society has had serious liberty and justice problems. The usefulness of democracy took a giant step forward when it disavowed slavery. Human beings of all races and classes require impartial rights in a harmonious world. But, it took our USA government many decades and a civil war to abolish serfdom and we need to keep working on hold-over inequalities and injustices. We still have problems of integrating various races into our advancing

democracy on an equal basis. At present, progress toward eliminating racial discrimination seems to be real.

A high level of advancement in our USA democracy was reached when women were given voting rights and the rights to hold government offices. After all, women are a substantial part of our society. So, historians find it hard to understand why it took so long for USA to make this valuable freedom improvement. But, now men and women have substantial equality in liberty and justice. This political unification of our society has given our democracy the opportunity to become an outstanding form of government.

Our increasing success in developing democracy in the USA has been largely matched by a number of countries. Such expansion of people governing themselves offers considerable hope that democracy will arrive at most regions on earth. Then, we might expect that the United Nations will become a more democratic world government. Many of our serious troubles are world problems that require action by a central authority, which has some essential power over all countries. In its present form the United Nations has several valuable functions and, considering the number of cultures that are represented, it is doing a remarkable job of helping third world countries. As democracy expands further in all countries and even develops in a world government, our creation of progressive societies may reach a condition of wonderful growth.

Cooperation Has Begun To Create A World Economy

Serious economic problems must be examined to point-out that these systems need much improvement. So, we must suggest an

important economic development in our world society. International trade has created a world economy that embraces all of the countries on earth. These countries have different resources and different basic needs. So, most of them have decided to trade goods and money with each other in order to satisfy their basic needs. This world economic structure is an extraordinarily important development. We can hope that our world economy will show increasing improvement in amount and kinds of materials that are exchanged.

Substantial numbers of natural and produced commodities are engaged in world trade. Petroleum is the material that gets the most attention, because all countries need it for energy and a small number have enough to meet their requirements. Then, farm products are important for world trade, because different food substances grow in different parts of our earth and all people want a variety of foods. Actually, minerals and chemical raw materials must receive considerable international distribution. Manufactured goods also come on the wide world market in quantity, because relatively few countries have facilities for making them. Trade is complicated, as wars interrupt, sanctions suspend, ideologies interfere and some sources issue cheaper products. Thus, world trade has only started to do a good job of spreading valuable resources to create a stable interdependent economy. But, we can hope that drug traffic will be eliminated and food distribution will be increased.

Quite naturally, our expanding world trade has created an increased flow of many kinds of money between almost all countries. Internationally distributed goods are paid for with money that is accepted by the supplier. Then, wealthy people in poor countries

make cash investments in advanced countries. Additional money transfer occurs as developing countries borrow from banks in advanced countries for technological and industrial improvements. Thus, our variety of monetary transactions are expanding world wide. We can hope that the balance of trades will approach equality and that the International Monetary Fund and World Bank will be able to help poor countries achieve economic progress. The world wide flow of money is an important element in world cooperation. Any improved cooperation will create greater amount of world services for international economic transactions.

Warmth Of International Relationships Has A Chance To Improve

Feelings among some nations continue to exhibit irritation, fear, anger and spiteful opposition. Certain countries with bitter negative emotions will even indulge in terrorist activities against their opponents. But, international relationships have attempted to develop more friendliness as our world gets smaller. Our principal peace problem is to get more countries to adopt positive emotions that will enable them to cooperate in building a world wide spirit of good will. With more Reaching-Out this warming of international feelings may be in reasonable progress.

Many avenues have developed for people in one country to get better acquainted with people in other countries. We have the expanding news media that spreads information about what is happening rather widely around the world. Foreign travel is expanding until a substantial number of people visit in other countries. Then, we have exchange students and church representatives who make a

large number of warm contacts with alien societies. Even our foreign trade builds some acquaintance with business people who deal with each other. Even the United Nations improves the knowledge that people have of each other around the world.

With our increased international acquaintance we are able to understand the problems of other people better. Most people have an assortment of similar difficulties to those they contact. Then, most of the ones making the contacts acquire more appreciation of what progressive action is taking place in our world. People are beginning to show more sympathy with others and evidence indicates that international affection is beginning to expand. Peace may soon become an important goal in world affairs. We have many marches for world peace where the spirit is essential.

An important relatively new development in international relations is the process of negotiation. Countries are certain to have different interests and different goals that might possibly lead to violence among adversaries. But, negotiation has provided a means for bargaining away these serious differences. Countries that may even threaten to use war as a way of subduing an enemy can obtain some of their objectives by conferring peacefully. Governmental authorities can usually accomplish more foreign objectives from peace time treaties than from agreements after a war. A country giving up some of its demands, when an enemy gives up some of its demands, is an active negotiation process. Talk together while Reaching-Out has become a relatively essential method for improving international relations.

CHAPTER XXXIVWE HAVE OBLIGATIONS TO REACH-OUT BETTER AND FURTHER

(What Are Our Many Crises, Which Threaten Our Survival Unless We Develop More And Better Reaching-Out?)

When we examine the list of our creative accomplishments, we must not adopt any degree of arrogance. Instead, we must act on the enormity of our obligations to make more improvements. Human relationships must be highly enriched, so we have one world in which we are all much better friends. Otherwise, we may collapse in a mass of critical difficulties. With our present ability to destroy life, most of our future needs for survival are closely connected. At least, our constructive action must prevent our earth from being made uninhabitable. So, we have the enormous responsibility to make many more contributions to the creation of friendly human beings, starting now.

We Must Strengthen Driving Forces And Essential Cooperation

Our powerful obligation for better problems solving is to improve the warm emotions of all human beings. The warmest feeling of maximum strength and broadest application for making us cooperative is love. This deep compassion furnishes people with the most powerful force to drive us toward helping other people. Thus, we must try to spread this warm emotion much more widely, so more people will be more concerned about more human difficulties. Increased love of people for people may be essential for better human relationships in the future.

In order to make better social progress, we must develop means for increasing the mental skills of more people. The human driving force of understanding needs considerable expansion before more of us are able to decide what remedies are necessary for more problems. Every human difficulty calls for more rational before we are able to accomplish more improvements. Then, all of us need to be able to make better decisions about the priorities of our actions on the multitude of human difficulties. Our most critical problems require our most immediate remedies.

All action on relieving unfavorable situations is not certain to be successful, so we must apply the driving force of determination better. Most human problems require firm resolutions to find solutions eventually. Thus, our progressive action must be expanded to keep trying for results or to keep searching for better solutions. Any satisfactory situation that is the outcome of multiple attempts to find better human conditions is quite rewarding. More people need to be more determined to make progress, no matter how much resolution it takes.

As individuals we are unable to make much progress in solving our critical world problems by ourselves. So, our strategic move must be to join special groups that are active in working for progress in human issues that have our great concern. Groups have more constructive influence than individuals. But, we must exercise good judgement in joining groups that have sufficient skill to make the needed improvements. Now, joining more effective groups is our important obligation for solving problems better.

For more progress in many human situations we must enlist local, state and federal governments to function as helpful agencies. We may even need better laws to regulate certain undesirable social conditions. Thus, some of our efforts must be directed toward getting more sensitive, more intelligent, more courageous and more honest officials in public office. Then, we need to keep more pressure on these administrators, so they work harder to get their branches of government more active in relieving our critical human difficulties.

We Must Increase Action To Satisfy Peoples Crucial Needs

Too few of us are fully conscious of the depth in the educational crisis that confronts our world. Particularly, we do not realize that this crisis starts largely in our homes during the preschool period. Some of our countries have many schools that give most of their students a fairly good education. But, we must be concerned about all countries, because worldwide training is highly essential for international cooperation. Also, our efforts to expand learning must extend to all schools, even to some that do not exist, because all schools require better programs. The whole training process must be improved for all students, because every learner needs to acquire more basic skills in problem solving. Obviously, we must develop more teachers who can produce more creativity and more beautiful emotions in the class room. Much of our present day education might be classified as being in a period of stagnation, when what we need is a period of enrichment.

Pollution of our air, water, soil and food requires considerably more corrective action than we are giving it now. Much of our air has been contaminated with irritating chemicals, like acids and ozone, for decades. Now, our acid rain poses fairly serious problems in lakes and forests. We must have more control over our air purity, so we do not have either a greenhouse effect or harmful radiations coming through our outer ozone layer. Also, rivers, lakes and even oceans tend to be unnecessarily fouled-up with wastes and sewage. We definitely want our household water to be purer and our oceans to be filled with more life. Safe disposal of toxic wastes must be a bigger business. All of those insecticides and food preservatives must be tested more carefully to ~~see~~ make certain that they are not harmful to human life. Lets clean-up those dumps quicker, as our lives must be free from toxic chemicals.

We have difficulty grasping the extent of hunger and starvation in our world today. Our media may tell us about some countries that are experiencing famine. When in a city, we may see a few homeless people without incomes who are living on the streets. But, the size of the hunger problem usually escapes us. So, our responsibility is first to recognize that there are millions of people who suffer from lack of food and then to do something more to relieve this distress. Our help must have several aspects. One of these is to get more food to the starving now. Another necessity is to assist all countries to either raise enough food to feed their people or make products for the world market that can be exchanged for food. People must be made better acquainted with their food problems, because hunger has too many unfortunate effects on human relations.

The world population explosion is still going with a bang, although its serious consequences are recognized in many countries. Not many land areas can double their population without more than doubling their human problems. We have very few social difficulties that are not closely linked to the density of people. Then, when we work effectively on limiting our population growth, we naturally change the age structure of our societies. This emergency demands special attention, if doubling the number of people proceeds at its present rate.

Our earth's crust has restricted amounts of natural resources on which we are becoming highly dependent. Of course, we carry-out some recycling of wastes, like paper and glass. But, we burn-up most of our petroleum and we just dump a lot of metal scraps and a tremendous amount of junk. Our need to use renewable materials has become an expanding human requirement. So, we must get busy developing more recycling processes. Most valuable materials in wastes are too expensive to revive unless successful research makes better discoveries.

We have expanding demands and accelerating costs for health care services. Naturally, this situation affects everyone in the world, while the quality of health care varies from excellent to not very good. So, we must attempt to make more of these services excellent and affordable. Where we do not have national health care, costs are frequently so great that many of us cannot afford our required treatments. Such situations tell us that governments should assume more authority over health care costs. Still, ignorance,

apathy and irresponsibility of people for their own health call for considerable educational action to improve self concerns. Our need for much more human health cooperation shows-up with the serious disease AIDS that must receive wide-spread remedial efforts to obtain some control. Our obligation must be to stimulate all of us to look after our health better.

Habits that endanger our intellectual judgements and our physical health have afflicted us for much too long a time and remain serious dilemmas calling for solutions. Consumption of alcoholic beverages is part of some cultures, even after these people are informed of its danger to human behavior, thoughts and emotions. Some drinkers may even be aware that one in five will become alcoholics. Then, smoking tobacco is a habit that has been recognized as a harmful practice for some time. But, a large number of people would rather indulge in their smoking habit than in making their lives safer. Also, high drugs have long caused a break-down in our ability to fit into a normal society. Still, the use of these drugs has escalated beyond any tolerance. All of our harmful habits require more efforts toward abstinence, because they aggravate many other problems.

We have many more serious accidents than should be expected from our safety standards. Social costs of these mishaps are quite substantial and sometimes disastrous. Possibly most of our avoidable accidents are on the highways. Here, drunk drivers, who are about one per cent of those behind the wheels, are responsible for about fifty per cent of these car accidents. Possibly, twenty five thousand people are killed and hundreds of thousands are injured

each year by these drunks. Then, drug users seem to contribute to the lack of safety in many areas. When we add household, air plane and business accidents to highway calamities the total demands strong efforts to reduce this human difficulty, so life can be safer.

We have widespread mental and emotional afflictions that produce many social turmoils. A large number of our people have mental illnesses leading to despair and lack of hope. Our families suffer severely from abuse of wives and children. Juvenile delinquency is fairly common. Quite often our very important family institutions break-up in divorce, which is particularly unfortunate for children. Then, we have an undesirable amount of gambling in our societies, which promotes the idea that getting more money is all that is worthwhile in life. All of these social distresses require considerably more of our remedial action.

We Have Increasing Responsibilities In Our Economic Realm

Our economy's critical weakness, which shows-up in nearly every community, is its extensive unemployment. Official reports tell us that the people who need work are about six per cent of the total working people plus those unemployed. Thus, the number looking for work is very large and, if we add those who are not working in the jobs that they want, the number becomes enormous. Part of the problem is lack of sufficient training for those without jobs. So, we must work hard to improve this part of our economy. Our unemployment insurance has been very valuable in handling temporary loss of jobs. Thus, we may need to give our government employment agencies more responsibility to find or create jobs for all of those who need them.

Information from various sources indicates that differences in family incomes are increasing excessively. Apparently, the rich are getting a lot richer and the poor are getting much poorer. This trend is serious, because a growing number of families are dropping below the poverty level. Such expansion of poverty makes our economy less stable, as more people are unable to participate sufficiently as consumers. Then, the rich who use much of their money for speculation do not contribute enough to research, development and modernization of technology. Any efforts that would do something to make our incomes more equal would be highly beneficial to our economy. So, we must work for more developers and more consumers.

Cost of energy materials has become one of our principal economy juggling agents. We are quite dependent on petroleum and gas for energy. Thus, when the price of petroleum goes from three dollars per barrel to thirty four dollars per barrel, we experience substantial economic inflation. As the price dwindles down to twelve dollars per barrel, we have a return to mild inflation. Then, when the petroleum prices rise to about twenty dollars per barrel our inflation responds with an increase. The cost of this energy has considerable influence on the price of our goods and services, because we are dependent on foreign petroleum for over one-fourth of our supply. Also, our long time use of coal as fuel has presented us with many problems that are difficult to solve. In particular, mining coal usually is a fairly hazzardous occupation and the sulfur in the coal that we burn is the principal source of our acid rain difficulty. Our tremendous combustion of carbonaceous

fuels and our depleting the plant life on earth seems to be increasing the per cent of carbon dioxide and decreasing the per cent of oxygen in our air. But, we must reverse this trend by growing more plant life before our earth becomes uninhabitable for animals.

Some of our confusing economic situations are connected with the relationship between business and labor. A measure of cooperation exists between many employers and employees, but stabilization of our economy demands that this relationship be improved over the whole country. We would have better joint operation if we had fewer strikes and our production would be more efficient if employment became more secure. Some businesses have started to introduce labor representatives into their management boards, which may make their production more stable. But, many businesses are merging in a way that does not help increase competition or expand employment. In the other direction, labor unions need to be more concerned with stabilizing their businesses than getting higher wages. Our citizen help may be necessary to increase business-labor cooperation on a large scale.

Our banks, saving and loans and credit unions have the valuable function of creating borrowed money for many markets. But, large banks loan money to many foreign countries that are high risks. So, in a few instances our federal government has assumed the loan to save a bank from bankruptcy. Naturally, the business of private loan companies is highly dependent on interest rates. Still, high interest rates are a threat to many businesses and to borrowing consumers world wide. In the Federal Reserve Board we have a crucial

organization that has considerable power to control interest rates paid on all borrowed money. As many of our economic transactions require exchanges using credit money, the FED has much influence over our business world. Thus, we must exert as much pressure as possible on the FED to prevent an interest rate recession or any other undesirable economic effect of interest rate variation.

As a strong contribution to our economic confusion, we have accumulated an enormous national debt that is growing rapidly, due to large budget deficits. Some evidence suggests that a low national debt, which is owed to our citizens, might have some stabilizing effect on our money supply. But, our having an enormous debt, that is increasing, creates serious economic dilemmas. Tax payers must give a substantial amount of their incomes to the government just to pay the interest on this huge debt. If rates remain high, large interest payments of government on bonds will last for many generations of our citizens. Certainly we will have difficulty paying-off the principal of our bonds. Taxpayers must begin to adopt a more responsible role in our economy and pay more taxes to decrease the federal budget deficit.

Our world economy is in serious disorder due to the large value of our dollar in the world market. We import more goods into USA annually than we export to other countries and this lack of trade balance may remain over a hundred billion dollars per year for some time. Such lack of trade balance in itself weakens many of our industries that rely heavily on foreign sales. Also, because of our high interest rates, trade and other inflow money are buying an

enormous amount of our government bonds. As a result, we are the world's largest debtor nation to foreign investors. Our tax payers are paying an enormous amount of interest to people outside of our country. But, these foreign bond holders do not use enough of this money for their countries economic development. Foreign bond holders even have a tendency to demand principal of their USA bonds, which may cause our government to sell more bonds to make these payments.

We Must Struggle To Lessen Social Tensions And Human Violence

Much social progress is obstructed by the degree to which some of us accept personal tensions in our human relationships. Greed and overriding self interest give this group cynical attitudes that make Reaching-Out quite difficult. Those of us in this group, who have not felt the ecstasy of warm human contacts, may find ~~their~~ their selfishness a quick route to bitter negative emotions. With these negative emotions, we may need people against whom we can expend our bad feelings. So, our minds originate enemies or create general bitterness against society. As a consequence, the opposite of us who have embraced the wonders of friendly cooperation face difficult problems in transforming any despair and lack of hope in people into trust and compassion. But, we must struggle hard with this problem of warming personal human feelings.

We realize that our country has internal troubles, when we learn about the increasing rate of violent crimes. Growing rates of armed robbery, rape, assault and murder bring these problems close to home. Convictions for these mounting crimes even fill-up our jails to overflowing. Some of us think that criminal acts should

be controlled by our police and courts. But, our crime situation has become so serious that school teaching of effective preventive measures seems to be essential, if we are going to make society safe from itself. At least, our efforts must try to transform criminal minds into law abiding minds and to lessen their excuse for violence. This special responsibility means that our educational process must expand its function to include training our children in compassion for people and in moderation of action. We may even need to exercise some control over violence and crime on television. Respect for warm human relationships might be developed through wider spread cooperation among the younger members of our society.

Among our ominous problems are the expansion of organized crime, systematic terrorism and suicidal terrorism. We may begin to think that violence has become an international business from recent outrageous events. Then, we get confused, when we learn of various governments trying to originate their under-cover preventive measures that could not be very effective. Our FBI and CIA need to get more involved in detecting where violence is being cultivated. But, we really do not want a society in which large numbers of us are being surveyed secretly in the course of security measures. Much of our preventive efforts must go deeper into understanding the problems of human relationships. We must widen our friendly action, if we expect to be very successful in restricting social hostilities. Our efforts must build cooperation that gets more more cooperative before organized anti-social disasters can be decreased.

After we have made some progress in warming-up human relations tensions between races still trouble our world. Slavery of any lineage may be a practice that will never reappear. But, discrimination against races still makes many societies rather divided. Possibly, South Africa is where this division generates the most violence. So, we must make strong efforts to bring much more democracy to all of such countries. Then, we have serious ancestry tensions that we must deal with in our USA. Even though the majority of us are white caucasians, the number of latinos is expanding enormously. Blacks seem to be increasing their proportion of our population. Also, asiatics are pouring-in and enlarging their section of our society. Unfortunately, these minority people do not receive completely equal acceptance. Now, we must learn that all of us require equal treatment, equal rights and equal opportunities regardless of race.

Our world has developed an astonishing number of religions and cults over the centuries. Most of these theological beliefs try to promote warm emotions. But, in general such feelings of deep friendliness are reserved for people of their own faiths. Even segments of many beliefs are divisive. Fortunately, in the USA we have constitutional freedom of religion. Still, around the world tensions between religions have resulted in wars over many centuries. Now, we are confronted with Middle East religious war turmoils that threaten our present efforts toward international harmony. Our Reaching-Out faces many difficulties in opening the doors between different beliefs. We have tremendous need to develop ecumenical activities that will bring our religions into better cooperation.

Economic ideologies have become aggressive enough to menace the peace of our world dangerously. In most technologically developed countries that are democratic, we have a strong belief in private enterprise. But, Soviet Union, China and others have authoritarian governments that control their socialistic economies under the name of communism. These communist nations have come into existence through revolutions, where private enterprise and authoritarian governments have oppressed their people in the absence of freedoms. The revolutionists distorted the important issue from governmental democracy to socialized economics. This economic transformation without governmental change to democracy has aroused considerable fears where freedoms are enjoyed. But, with our belief in the strength of democracy, our great need is to accept economic ideological differences and to proceed with more world cooperation with much less fear of war.

Violent reaction of countries, whose citizens are injured by foreign atrocities may persist for some time. But, our struggle for peace has a special problem of trying to substitute just international legal action for retaliation. Many different kinds of offensive acts between countries have led to revenge and even wars. Thus, our efforts to provide peaceful measures of international justice are extremely important. Justice among nations is a condition that demands careful independent decisions by an authority, such as the World Court, with the ability to determine what is fair. Such international structure must apply fair judgement to convert retaliation into peaceful retribution.

We Must Control Military Expansion And Nuclear Capability

Our fear of communism has trapped us in a dangerous program of military expansion that we must call a cold war. As the Soviets increase their military strength, until we think it is greater than ours, we join the arms race and aim for our superiority. But, most evidence indicates that such cold war is not an effective path to peace. An arms race definitely builds-up tensions and prepares both enemies for a devastating hot war. Deterence of conflicts is stronger when it uses understanding and acceptance of an antagonist than when it uses fear and suspicion of an enemy.

Military development activity has created nuclear weapons systems that are extraordinarily destructive to most forms of life. We have many thousand nuclear war-heads with submarines, bombers and silos for launching them. Now, our plans seem to expand even to a point where we might put these weapons on satellites in space. Such preparation for a nuclear war is ^{beyond} the realm of common sense. and borders on a gigantic design for world disaster. Most studies about the possible results of a nuclear holocaust suggest that several thousand blasts on each country in a conflict would kill ~~hundreds~~ hundreds of million people. Then radiation from the blasts definitely would kill hundreds of milllion more. Then, the dust blanket that would create a nuclear winter would spread the devastation over the southern as well as the northern hemisphere. So, our earth might become completely uninhabitable for quite some time. The conclusion shared by most people is that we do not dare to have a nuclear war between USA and the Soviet Union.

We must abandon our Strategic Defense Initiative (Star Wars), because it has many adverse defects. Any installation of nuclear missile interceptors would make space a huge expanse of the world battle ground. Effective operational testing of SDI units is a doubtful possibility that might be dangerous. Vast placement of numerous units around our USA would be an incomplete protective umbrella and would be an enormously expensive development. Then, these interceptors might destroy missiles that are in peaceful space flight. Thus, we need to accelerate negotiations with the Soviets that would build a more effective mutual defense through better understanding and more cooperative relationships.

The present arms race is creating a highly wasteful segment of our economy. The military-industrial-complex is creating one of our large economic exchange systems. But, it scarcely produces any goods or services that could get into our consumer exchange system. We cannot drive those tanks safely on our highways; we do not want to travel in fighter planes instead of modern air liners; we have no use for those dangerous neutron bombs. Then, if peace that becomes more peaceful comes into being and we hastily shut-down most of the manufacturing plants for military equipment, our economy is almost certain to suffer a recession. Manufacturers are using an enormous amount of valuable materials for construction of our military equipment. At the same time government is paying high prices for very simple apparatus. Also, war preparations are contributing enormously to our large budget deficit and our immense government debt. Our economic loss from the arms race may become monumental over the years.

Our world faces a radioactive waste problem of major proportions. The process of manufacturing uranium and plutonium for those many thousand atomic bombs has already built-up much of this hazardous refuse. Now, we have a similar procedure to refine plutonium fuel for nuclear power plants, which adds to this waste problem. Then, as this power fuel is used-up to produce energy, the remains will become an increasing part of our disposal dilemma. Even atomic bomb explosives might be added to these dangerous materials, if the nuclear countries reach an agreement to reduce the number of atomic weapons and we do not use such explosives for power plants. At least, we must study with considerable concentration how to dispose of all radioactive wastes safely. Our grandchildren do not need any more radiation in their water, food or air.

We Are Filled With Exhilaration By Helping Human Beings Progress

Our progressive action calls for considerable expansion in our Reaching-Out. While spreading our problem solving, we develop the spirit of eagerness and optimism that is essential for cultivating more determination to help people. We confront our serious problems with extreme hope, filled with confidence, and work to solve them with great enthusiasm. Then, getting involved in making progress stimulates us to understand what is causing human troubles and what is needed to make our situations better. Progressive efforts must overcome excessive self interest, fear, ignorance, apathy and irresponsibility. After we concentrate the attention of all people on building a better world, human life on earth will be much more secure and we will be highly inspired.

As we expand our involvement in helping human beings progress we focus much of our remedial action on worldwide educational enrichment. The vast majority of all people on earth must not only learn better basic skills but must get much broader training in world cooperation. In particular, better understanding and warmer emotions for everyone are essential to improve our human contacts. We desperately need more global training in international collaboration. Then, many more of us might assume responsibility for making our world a better place where people can live together peacefully. Such improved education must start in homes all over our world and go forward in all schools. TV and radio will have great responsibility to expand world understanding and friendliness. Progress will be slow, because orientation of some people's loyalty is difficult. Also, we have numerous barriers to surmount and several structures to build, before our efforts for better world education can attain full force. Still, this struggle brings us enormous inner rewards and any progress creates great personal pleasure.

Barriers which separate people are difficult to identify in detail. But, for human survival we must keep striving to moderate them and to make progress toward better world unity. Our national boundaries are the most prominent walls that divide us into segments. Extreme love of country, which is imbedded in a culture that excludes others, poses a formidable barricade against world coherence. This difficulty is more serious, because the large number of small countries might need to unite into groups before they can expect to receive world political power comparable to large countries.

Our United Nations with its big and small countries demonstrates this need for better equality of size for equality of political strength. We realize that thirteen states, after their fight for independence, joined together to form the USA. Still, we know that these states had quite common heritage. Whereas, most present-day small countries have few harmonious feelings for their neighbors. When groups like NATO or OPEC arise, the object is only to deal with one or two problems. So, we need to work hard to bring small countries together in groups, which possible motion will be a stimulating experience.

We Have A One World Goal Of Global Unity

One problem of drawing nations together is centered in imperfect democracies that do not provide adequate human rights. and do not give the people their essential political power. We have almost unsurmountable barriers ^{between} authoritarian countries and most democracies. But, the pronounced differences in the degree of democracy in different democratic countries create some separating obstructions. So, part of our world unifying efforts must focus on improving democracies. Here, a high per cent of the voters must be made well aware of the issues and must vote in the elections. Voter awareness must not be highly controlled by the wealthy who pay for much of the election advertising and the elections must be held regularly. Such well established democracies with considerable human rights can build a powerful unifying force in our world. These democratic countries do not want to sacrifice their freedoms by joining with authoritarian regemes and authoritarian countries

are certainly not going to unite. So, global unification seems to be highly dependent on the spreading of democracy that is getting more democratic. As we keep striving for more and better democracies with cooperating abilities any increase in this transformation gives us great rapture.

Our world has separating differences due to opposing economic ideologies. Many nations offer considerable freedom for businesses to maintain their economies with a high degree of private enterprise and have a small amount of government enterprises. But, several other countries have adopted communism, in which their authoritarian governments largely control all sections of their socialist economies. The seriousness of this ideological disagreement seems to rest on the poverty that exists in many private enterprise countries and the communist belief that revolution to socialism under a dictator is the only solution. Thus, we must work hard to improve the private economic capabilities of poor countries. Our efforts are under obligation to show that growth of over all prosperity can forestall revolutions. Our message should indicate that the best competition is for who can be the most cooperative rather than who can be the most wealthy. World unity will be difficult until we have a large measure of economic similarity with limited socialism. So, private enterprise requires considerable expansion. If we can help make progress in this area, exhilaration is our reward.

Any attitude of national self interest that disregards international cooperation can be a powerful force to keep nations apart. Too many of us have great longing for our country having superiorties. This patriotism is centered on citizens wanting a

higher standard of living and more military power than competitors. Such over pride in country accomplishments creates considerable international fragmentation. If we could turn this attitude around, our acceptance of other people also making economic progress might overcome much country isolation. Obviously, such international acceptance requires considerable increase ⁱⁿ world travel and friendly communication. We must spread the unifying concept that better-friendly-world-interaction is really to our best interests. Quite good balance in international trade is particularly important during our work for progress in world cooperation. Any advancement toward economic unity can give us more exhilaration.

Many countries have origins that are based on religious beliefs. Thus, we have nations that are cut-off from neighbors by differences in religions or even by distinctive religious sects. These contrasts are sometimes so antagonistic that we have religious wars between countries. Then, a section of a country that is founded on one religious belief may want to separate from the other sections, because their people have dissimilar convictions. So, one of our monumental challenges is to work-out a unifying force between all religions, so these beliefs can help develop world solidarity. We need much more ecumenical activity on many social problems. In addition, we must try to promote the political doctrine demanding separation of church and state. Any success in unifying religions and taking them out of politics is a delightful achievement.

Although some countries have made progress in eliminating discrimination, our world still retains barriers created by differences in the appearance of people. Those of us in some individual nations are largely of one race that is different from the race of neighboring countries. Thus, ancestral barriers frequently separate nations that need much greater unity. So, one major problem of reaching world unity is to subdue feelings that any race is inferior. We must convince the vast majority of earth's people that all human beings are members of the same species. Our efforts must spread the word that all races deserve equal consideration and equally fair treatment. More of us must improve our understanding and feelings, so we abandon any prejudice that is based solely on race. Possibly, with considerable world unity our inter-racial marriages may make us all one race. Now we are all on our earth together and progress toward non discrimination can have stimulating effects on all of us.

We have enough difficulty communicating with people who speak our language. Then, since we have an enormous number of different languages around the world, our friendly messages have severe impediments to arriving at all important places. Development of a world language is a possibility for breaking down this communication barrier. But, creation of a universal common word system for speaking and writing will take quite a while to develop. In the mean time, we need better interpreters and translators, so our words, statements and ideas come through national barriers for improved world unity.

Our Efforts To Reach-Out Better And Further Become Ecstatic

Our facing a large list of important human problems gives us a delightful incentive for dedication to progressive action. We do not adopt any cynicism or apathy. Our devotion to making human situations better and better embraces persistent optimism and powerful hope. Among our advancing goals that we work for with intensity are peace that gets more peaceful, democracy that gets more democratic, a unified world that gets more unified, cooperation that gets more cooperative, justice that gets more just and human health that gets more healthy. Our struggle for these and other improvements in our world society becomes the main driving force in our ecstatic lives.

We know that progress toward our advancing goals will be slow and we must avoid unreasonable expectations. Probably a tremendous amount of forward looking education will be essential before social progress gathers speed. At any rate, together we keep trying harder for our world to go forward. As a substantial reward for our efforts, we feel the maximum of satisfaction and enjoyment. We need more of that wonderful Ecstasy In Reaching-Out.